

PORTLAND PEDIATRIC GROUP

Healthy Living

Guidelines

We are facing a health care crisis in this country. More and more people are overweight and obese and this has caused an increase in heart disease, strokes, diabetes, hypertension, liver disease, respiratory disease and orthopedic problems. All of us suffer from poor nutrition, too little exercise and too much television. All of us need to address the problem. We, as parents, should model good health habits for our children and protect them from fast foods and junk foods. Our office is committed to helping you maximize your family's nutrition and overall health. We will be able to work with you to insure that your child can be all that he or she can be. It is important to remember that we are all different, though. Some children are short, some tall, some thin and some husky. Our body builds are inherited and we should respect each other. Remember, we are all in this together!

GET MORE ENERGY!

Get up and play hard

Cut back on TV and video games

Eat more fruits and vegetables

Decrease soda and sugar

More Energy = More Fun!

| <u>Background:</u> | <u>Problems:</u> | <u>Energy Balance:</u> |
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| <ul style="list-style-type: none"> • Obesity is genetic but is modified by the environment • Multiple genes contribute to obesity • We can modify our weight somewhat, by resetting our weight thermostats • Eating better and regular exercise can do this | <ul style="list-style-type: none"> • Readily available, energy-dense fast foods • Diets low in calcium, vitamins, and fiber • Decreased physical activity • Decreased spontaneous outdoor play • Increased television • Increased video games • Decreased parental supervision • Increased prepared foods | <ul style="list-style-type: none"> • Obesity is a disruption of energy balance: • Poor food choices, faster eating, binge eating, and lack of effective exercise lead to obesity • To correct this we must change our behaviors • We can teach our bodies to learn new diets and new exercises |

What we need to do is change our behavior!

Nutrition plan

- Eat smaller portions
- Eat at the family table
- No eating in front of the television or computer screen
- Eat one fresh fruit or more in a day
- No regular soda or fruit juice
- A serving size is the size of a child's palm
- Exercise daily for at least ten minutes
- Drink at least 16 ounces of water per day
- Maximum of 2 hours of television or computer time daily
- Eat out or order in no more than once per week
- Have one more vegetable daily (potatoes don't count!)

(585) 342-5665
Fax: (585) 342-2345