



# Goodlettsville Pediatrics, P.C.

**EAT WELL!**

## Body Weight

Body weight can be classified as underweight, healthy weight, overweight, or obese. Body Mass Index (BMI) helps you determine if you are a healthy weight for your height. The percentile tells how many of 10 kids of the same sex and age have a lower BMI than yours.

Your BMI is \_\_\_\_\_Percentile

Less than 5 Percentile = underweight

5-84 Percentile = healthy weight

85-94 Percentile = overweight

95 Percentile or over = obese

## You May Need More Of These...

**Breakfast** – Not eating breakfast is associated with excess body weight, especially in children and teens. Eating breakfast can help you lose weight and keep it off. It also helps you get more of the nutrients your body needs.

**Activity**- You should get active for 60 minutes or more per day, most of that should be aerobic activity. Aim for exercise at least 3-5 days per week.

**Iron** – A lot of teen girls are not getting enough iron in their diet. The best sources of iron are lean meat, red meat, poultry, and seafood. Other sources are green leafy vegetables like spinach, white beans, lentils and foods fortified with iron like breads and cereals. Iron in these other sources may not be absorbed as easily by the body.

**Fiber** – Great sources of fiber include:

- Whole grain breads and cereals
- Fruits like apples, oranges, berries, prunes, pears
- Vegetables like green peas, broccoli, spinach, artichokes
- Legumes (split peas, soy, lentils, etc)
- Almonds

**Calcium** – Getting enough calcium now is important for good bone health when you are older. Many older Americans have osteoporosis (causing arthritis and bone fractures) because they didn't get enough calcium when they were younger. Milk (skim milk) and milk products are generally the best sources of calcium. 9-18 year olds need to get 1300mg Ca per day. Vitamin D, 600IU per day is also recommended to help your body absorb and use calcium.

A multivitamin with calcium, vitamin D, iron and folic acid once a day

FOOD	SVG SIZE	Ca (mg)
Ca Fortified OJ	1 cup	500
Plain Yogurt, nonfat	8 oz	452
Plain Yogurt, low fat	8 oz	415
Fruit Yogurt, low fat	8 oz	345
Plain Yogurt, whole milk	8 oz	275
American cheese	1.5 oz	323
Mozzarella cheese	1.5 oz	311
Cheddar cheese	1.5 oz	307
Skim milk	1 cup	299

### You May Need Less Of These...

Screen Time – Too much screen time (TV, computer, video games) is associated with being overweight or obese. You should have no more than 1-2 hours screen time (other than homework) per day. Also, avoid eating while watching TV. This can result in overeating.

Sodas – There is strong evidence that children and teens that drink more sugar sweetened drinks have higher body weight compared to those who drink less. These drinks provide too many calories and have little nutritional value. Dark sodas are also bad for your bones.

Fast food, fried foods, junk food

Simple carbs (generally white foods)

### One More Thing...

When you have a meal, eat only at the table and on a plate. Watch portion sizes. Half of your plate should be veggies and fruit, ¼ protein, ¼ starch. Even snacks should be eaten at the table and on a plate.

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