

This handout belongs to:

Eating when not hungry can cause **weight gain**.

Some children eat when they are bored, anxious or angry, even if they are not hungry.



Other children will keep eating after they are full, just for the pleasure of eating, or to join others while they eat. Some children eat because they are lonely, or because they do not have many friends.

Instead...understand why your child wants to eat so much. Help your child focus on something other than food when she/he has had **enough to eat**. A child only needs **two snacks a day**. If you serve dessert, allow **one portion**.



See other side for more tips for a healthy

More Tips for a Healthy Weight:

1. Sugary drinks and 100% fruit juice can cause weight gain.

Instead, drink low-fat milk with meals and drink water with snacks. Limit 100% fruit juice to a small cup a day. You can help your child avoid sweet drinks by not keeping them in your home.

2. Do not allow endless snacking.

Follow a regular meal schedule for breakfast, lunch and dinner, plus one afternoon snack and a small bedtime snack if needed.

Snack ideas:

| | |
|------------------------|-----------------------|
| 1/2 sandwich | cereal & low-fat milk |
| slice of plain pizza | fruit |
| carrots with dip | yogurt |
| tortilla or 4 crackers | pudding |
| with cheese slice | 4 PB crackers |

3. Be active by playing inside and outside.

Play inside: Turn off the TV and play. Clear a space for exercising with a video or dancing.

Run up and down stairs. With young children, play with soft-foam balls or squishy toys. Help Your child to play at least one hour a day.

Play outside: Have fun with bikes, jump ropes, basketball, soccer, baseball, squirt guns, tag and hopscotch.