

Create Goals Based on Ten Evidence-Based Messages

1. Support exclusive breastfeeding 4-6 months
2. Limit sweetened beverages
3. Eat 5 servings per day of fruits & vegetables
4. Engage in regular family meals 5-6 times/ week
5. Limit portion sizes
6. Limit screen time to a maximum of 2hrs/ day
7. Do not allow your child to have a television in his or her bedroom
8. Eat a nutritious breakfast every day
9. Eat out less often
10. Participated in moderate to vigorous physical activity for 60 minutes per day

*Barlow, SE; Expert Committee. Expert committee recommendations regarding the prevention, assessment, and treatment of child and adolescent overweight and obesity: summary report. Pediatrics 2007 Dec; 120 Suppl 4:S164-92.

