

Avoiding Obesity


Set up the right routines while your child is an infant or toddler. Here are some tips:

- 🍴🕒 Keep your child physically active.
- 🍴🕒 Make restaurant food a treat. McDonald's should be a once a month treat—not a weekly outing.
- 🍴🕒 Offer smaller serving sizes. Super-size servings have become the norm at all types of restaurants, not just fast food outlets. This trend toward giant portions has even crept onto our own kitchen tables.
- 🍴🕒 Banish the “Clean Plate Club.” Don't force your child to eat.
- 🍴🕒 Make juice a low-priority item. Don't let your child become a juice-a-holic. Kids graduate from juice to soft drinks. Believe it or not, the average teenage boy drinks three sodas a day.
- 🍴🕒 Keep the four C's out of your pantry: **cola, chips, cookies, and candy**. If you have to go out of your house to get these items, they will truly be a treat.
- 🍴🕒 Be a good role model. Your child is watching what you are eating.
- 🍴🕒 No TV while food is being served. Watching the tube while you eat encourages that couch-potato thing. Don't watch the news during dinner-tape and watch it after the kids go to bed.
- 🍴🕒 Breastfeed your child for at least the first three months of life.
- 🍴🕒 Drink low fat milk. If you drink 2% milk, then cut to 1% milk. If you drink 1% milk, then cut to skim milk.

One of the realities of being a parent is that you often end up eating what your kids eat. That's how you end up at the end of your child's first year still wearing those prenatal pounds. What to do? Here's a tip: buy one kind of cookie as a special treat for your child. And make it a kind you don't personally like.

Next, buy healthy, yet good snacks: cereals like Rice Chex and Cheerios are great. And if you are going to buy juice, stick with 100% juice products or sugar-free juice products (like Crystal-Light). Be a good example to your kids. Don't drink soda in front of them day and night. Instead opt for milk, tea, or diet soda, in moderation. In most households, when dad drinks tea, the kids aren't interested in it. But if soda's on the table, they're constantly begging for a sip.

In the end, an outright ban on cookies, soda, chips, and candy can backfire. As stated earlier, these can be occasional treats. Otherwise, you're going to have a kid who sneaks out to the neighbors to indulge or spends his allowance on the sly to buy candy bars.



From the office of William T. Lin, MD, PA
Office phone (972) 235-9444—web site: www.doctorlin.yourmd.com
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