

11-13 years old



Fueling your thoughts

Are you concerned about your child's weight?
Are you concerned with your child's eating habits or level of physical activity?

Do you and your child eat breakfast?
How many meals do you eat as a family each week? How many are from fast food, take out, etc.?
What beverages do you buy for the family?
How much time does your child watch TV, play on the computer, play video games, or text daily?
What do you do as family to stay active?

Nutrition Advice

By providing nutritious foods to your child you help him or her improve strength, energy, attention span and the ability to keep up with friends.

- **Breakfast** ~ eating breakfast every day helps children do well in school and improves overall health.
- **Lunch** ~ Buying school meals can be nutritious; review school menus with your child and plan ahead. When packing lunches, it is important to include at least 4 out of 5 food groups (low fat/fat free dairy foods, fruits, vegetables, whole grains and lean protein).
- **Snacks** ~ Eat only when hungry. Stock up on ready-to-eat vegetables, fruit, low fat cheese, yogurt, and milk, lean meats, whole grain crackers, bread, low sugar cereal or nuts.
- **Dinner** ~ Eat as many meals as possible as a family at the dinner table. Be sure to slow down, enjoy, and turn off the TV.
- **Eating Out** ~ Keep portion sizes small or share meals (don't "super-size")
 - Choose fruit or salad instead of French fries, milk instead of soft drinks, baked or broiled instead of fried.
 - Limit dressings and mayonnaise; ask for them on the side or choose low fat options.

Beverages ~ Think your Drink!

- The best choices are water, low fat (1%) or nonfat (skim) milk.
- Limit sweetened beverages such as soft drinks, punch, juice drinks, energy drinks and caffeine containing beverages.
- Regular intake of too much caffeine can lead to trouble sleeping, rapid heart rate, anxiety, poor attention span, headaches or shakiness.
- **Your main job as a parent is to be sure that your child is served a variety of healthy foods (fruits, vegetables, milk, yogurt, cheese, whole grains, meat, poultry, fish & eggs).** Be a good role model for your kids by eating and choosing healthy foods.
- **For more information visit www.mypyramid.gov.**

Name _____

Date _____ HT _____

WT _____ BP _____

Be Active

- Make sure you and your kids are active 60 minutes every day. Focus on FUN, including both organized and free play.
- Count time spent doing chores: car washing, walking the dog, dusting, sweeping, pulling weeds, raking or shoveling snow.
- Involve the whole family in physical activity because you are the role models!
- "Screen time" (computers, TV, gaming systems, texting, etc.) should be limited to 2 hours or less daily (pre-plan how "screen time" will be used).
- Screens may be monitored easily if moved to a common area; keep them out of child's bedroom.
- Make sure your child is sleeping at least 10-11 hours per night. Keeping regular bed time is critical to good health and weight maintenance.
- If you have concerns about your child's weight, physical activity or eating behaviors, ask your healthcare provider.
- Visit www.healthychildren.org for more information about caring for your child.

Safety

- Children should ride in back seat until at least 12 years old. Seat belts should be worn by all passengers in the car at all times.
- Social media such as Facebook, Instagram or Snap Chat should be closely supervised by parents or completely avoided at this age due to high risk of depression, anxiety, bullying and sexual victimization. It is appropriate and essential that **you** have access to all of your child's social media accounts and inform your teen that you will suspend their use of social media at any time if you feel he or she is using it inappropriately.

Emergencies

- Before heading to the ER or urgent care, **call us first!** We have same day appointments including evenings and Saturday mornings. After hours, a doctor from our practice is always on call to discuss and help you manage your child's illness.



The Ounce of Prevention Program is a collaboration of the Ohio Department of Health, Healthy Ohio, the American Academy of Pediatrics-Ohio Chapter; Nationwide Children's Hospital; the American Dairy Association Mideast and the Ohio Dietetic Association. May be reproduced in its entirety for educational purposes. February 2010

