

“We can’t build the future for our youth, but we can build our youth for the future.” – **Franklin D. Roosevelt**

## **Facts**

- Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years.
- The percentage of children 6-11 years in the United States who were obese increased from 7% in 1980 to nearly 18% in 2012.
- In 2012, more than one third of children and adolescents were overweight or obese.
- Overweight is defined as having excess body weight for a particular height from fat, muscle, bone, water, or a combination of these factors.
- Obesity is defined as having excess body fat
- Overweight and obesity are the result of "caloric imbalance"- too few calories expended for the amount of calories consumed -and are affected by various genetic, behavioral, and environmental factors.

## **Health Effects**

Childhood obesity has both immediate and long-term effects on health and well-being.

### **Immediate health effects:**

- Obese youth are more likely to have risk factors for cardiovascular disease, such as high cholesterol or high blood pressure. In a population-based sample of 5- to 17-year-olds, 70% of obese youth had at least one risk factor for cardiovascular disease.
- Obese adolescents are more likely to have pre-diabetes, a condition in which blood glucose levels indicate a high risk for development of diabetes.
- Children and adolescents who are obese are at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem.

### **Long-term health effects:**



- Children and adolescents who are obese are likely to be obese as adults and are therefore more at risk for adult health problems such as heart disease, type 2 diabetes, stroke, several types of cancer, and osteoarthritis. One study showed that children who became obese as early as age 2 were more likely to be obese as adults.
- Overweight and obesity are associated with increased risk for many types of cancer, including cancer of the breast, colon, endometrium, esophagus, kidney, pancreas, gall bladder, thyroid, ovary, cervix, and prostate, as well as multiple myeloma and Hodgkin's lymphoma.

**\* Information provided from the [CDC](#)**

# The Kids Healthy Eating Plate

*"Created by nutrition experts at the Harvard T.H. Chan School of Public Health, the Kid's Healthy Eating Plate is a visual guide to help educate and encourage children to eat well and keep moving. At a glance, the graphic features examples of best-choice foods to inspire the selection of healthy meals and snacks, and it emphasizes physical activity as part of the equation for staying healthy.*

*The primary focus of the Kid's Plate is on diet quality, but is designed to further facilitate the teaching of healthy eating behaviors to children. The Kid's Healthy Eating Plate provides a blueprint to help us make the best eating choices." - [Kid's Healthy Eating Plate](#)*

	<p>The more veggies, and the greater the variety, the better</p> <p>Potatoes and French fries don't count as vegetables because of their negative impact on blood sugar.</p> <p><i>Additional information on <a href="#">vegetables...</a></i></p>
	<p>Eat plenty of fruits of all colors</p> <p>Choose whole fruits or sliced fruits (rather than fruit juices, limit fruit juice to one small glass per day).</p> <p><i>Additional information on <a href="#">fruits...</a></i></p>



Go for whole grains or foods made with minimally processed whole grains. The less processed the grains, the better.

Whole grains: whole wheat, brown rice, quinoa, and foods made with them, such as whole grain pasta and 100% whole-wheat bread, have a gentler effect on blood sugar and insulin than white rice, bread, pizza crust, pasta, and other refined grains.

*Additional information on [whole grains](#)...*



Choose beans and peas, nuts, seeds, and other plant-based healthy protein options, as well as fish, eggs, and poultry.

Limit red meat (beef, pork, lamb) and avoid processed meats (bacon, deli meats, hot dogs, and sausages).

*Additional information on [healthy protein](#)...*

Use healthy oils from plants like extra virgin olive, canola, corn, sunflower, and peanut oil in cooking, on salads and vegetables, and at the table.

Limit butter to occasional use.



*Additional information on [healthy oils and healthy fats...](#)*



Choose unflavored milk, plain yogurt, small amounts of cheese, and other unsweetened dairy foods.


Milk and other dairy products are a convenient source of calcium and vitamin D, but the optimal intake of dairy products has yet to be determined and the research is still developing. For children consuming little or no milk, as a doctor about possible calcium and vitamin D supplementation.

*Additional information on [dairy...](#)*



Water is the best choice for quenching our thirst. It's also sugar-free, and as easy to find as the nearest tap.

Limit juice to one small glass per day, it can have as much sugar as soda. Avoid sugary drinks like sodas, fruit drinks, and sports drinks, which provide a lot of calories and virtually no other nutrients. Over time, drinking sugary drinks can lead to

	<p>weight gain and increase the risk of type 2 diabetes, heart disease, and other problems.</p> <p><i>Additional information on <a href="#">water and choosing healthy drinks...</a></i></p>
	<p>Trade inactive "sit-time" for "fit-time".</p> <p>Children and adolescents should aim for at least one hour of physical activity per day, and they don't need fancy equipment or a gym.</p> <p><i>Additional information on <a href="#">staying active...</a></i></p>

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## **Recipes**

Sites that provide ideas for healthy kid recipes

[Allrecipes](#) - "Top-rate, kid-approved recipes to help you keep your family healthy and happy"

[SuperHealthyKids](#) - "Making fruits and vegetables fun, simple, and delicious"

[CookingLight](#) - "Delicious foods kids will eat, nutritious meals moms will love"

[KidsHealth](#) - Recipes for kids and kids with various

infections (i.e. cystic fibrosis, diabetes)

[FoodNetwork](#) - Healthy family dinners and snacks

[Kidsacookin](#) - Many recipes for all ages, also provides tips and techniques, cooking terms and food assistance

[NutritionExplorations](#) - Provide some ideas on how to make healthy food fun for kids

## **Learning Sites**

[NourishInteractive](#) - *"Free resource for fun nutrition game for kids, interactive nutrition tools and tips for parent and health educators to use to promote healthy living for the whole family."*

[ChooseMyPlate](#) - Interactive website dedicated to promoting healthy lifestyle for every level from preschooler, adult, to educator.

[Ed Tech Ideas](#) - 14 resources to assist in teaching and learning about health, nutrition, and exercise.

### **Additional Sites:**

[United States Department of Agriculture Food and Nutrition Service](#) - Provides a multitude of information for parents, educators, students about healthy eating

[Action for Healthy Kids](#) - They fight childhood obesity, undernourishment and physical inactivity by helping schools become healthier places so kids can live healthier lives.

[TeamNutrition](#) - *"Supports the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity."*

[Fueluptoplay60](#) - An in-school nutrition and physical activity program designed to help encourage children to lead healthier lives

## **Nutrition Videos**

A chef works with kids in the kitchen to make chicken/fish veggie packets and yogurt parfaits

[Kids Rock Nutrition in The Kitchen](#)

[Eat Right](#) - Many videos demonstrating cooking with kids

## **Apps**

[iGame4](#) - Promotes healthy eating and wellness for students in a fun and interactive environment using tablets

[Nutrition and Healthy Eating!](#) - Get your child ready for school with Bo on the Go and these fun Science learning and educational games for kids in Preschool and Kindergarten

[Awesome Eats](#) – *“Kids will love to sort and plate a rainbow of foods with our app. Plus, they'll learn which things are trash and which things are treasure with our new recycling and composting level!”*

[Prefect Picnic](#) - *"Teaches food safety skills with a goal to create the safest picnic operation in the park. The game encourages players to wash hands, use a food thermometer to measure internal food temperatures, keep perishable foods at safe temperatures and keep preparation surfaces clean."*

[Cooking Fun For Kids](#) - a hip and healthy kid-friendly café and cooking school -- introduces a new experiential learning app: Bean Sprouts: Cooking Fun for Kids in the Kitchen.

[Smash Your Food](#) - Teaches kids about nutrition by smashing food and getting rid of the bad content found in



the food.

“Exercise is king. Nutrition is queen.  
Put them together and you've got a  
kingdom.” - *Jack Lalanne*