Red Light, Green Light, Eat Right!

Childhood obesity is rising rapidly!

Obesity is also on the rise in school-age children.

Even the youngest children are not spared.

1 /3 OF KIDS ARE TOO HEAVY!

1 OUT OF EVERY 3 CHILDREN IS OVERWEIGHT AND AT RISK FOR MEDICAL COMPLICATIONS DUE TO THEIR WEIGHT!

Do obese children become obese adults?

Yes!

- 75% of overweight kids age 12-18 become obese adults.
- 50% of overweight kids age 6-11 become obese adults.
- If a child is overweight before age 8, he/she is more likely to be severely obese as an adult.
Why is obesity so dangerous?

- No previous U.S. generation has raised children more likely to have a shorter life span than its parents.
- Obesity will soon overtake smoking as the nation’s leading cause of preventable death.
- Childhood obesity may shorten one’s life span, even if that person is not obese as an adult.

Medical Risks of Obesity

- Coronary Artery Disease
- Congestive Heart Failure
- Type II Diabetes Mellitus
- High Blood Pressure
- High Cholesterol
- Stroke
- Liver Disease
- Gall Bladder Disease
- Osteoarthritis
- Musculoskeletal Disease
- Asthma
- Sleep Apnea
- Infertility in Women
- Depression
- Psychiatric Illnesses
- Many Types of Cancer

Harvard Study of Boys Age 13-18

- Obese boys were twice as likely to die from heart disease
- Obesity that starts in childhood or adolescence causes greater risk of early death
- Abnormal changes in the hearts of overweight children seen at age 5

No More “Adult Onset” Diabetes

- Children diagnosed with Type II Diabetes increased ten-fold between 1982 and 1992.
- More than one third of all childhood diabetes is now Type II.
- Overweight is the strongest risk factor for Type II Diabetes.
- Children with Type II Diabetes may have a heart attack in their 30s or 40s.

Why do children become overweight?

- Genetics
- Unhealthy Eating Patterns
  - Fast Foods
  - Soda
  - Increased Serving Sizes
- Too Little Activity
- TV, Video Games, Computers
- Changing Family Meal Patterns

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Genetics

<table>
<thead>
<tr>
<th>Risk of child becoming overweight</th>
<th>Both parents normal weight</th>
<th>One parent overweight</th>
<th>Both parents overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>0%</td>
<td>10%</td>
<td>20%</td>
<td>30%</td>
</tr>
</tbody>
</table>

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We're Eating More Calories

![Graph showing calorie intake over time](image)

How many calories does a child need?

<table>
<thead>
<tr>
<th>Age (Years)</th>
<th>Recommended Daily Caloric Intake</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 4-6</td>
<td>1,600</td>
</tr>
<tr>
<td>Age 7-11</td>
<td>1,900</td>
</tr>
<tr>
<td>Age 12-14 (Girls)</td>
<td>2,000</td>
</tr>
<tr>
<td>Age 12-14 (Boys)</td>
<td>2,400</td>
</tr>
<tr>
<td>Age 15-18 (Girls)</td>
<td>2,100</td>
</tr>
<tr>
<td>Age 15-18 (Boys)</td>
<td>2,900</td>
</tr>
</tbody>
</table>

What is a normal serving size?

<table>
<thead>
<tr>
<th>GRAINS (6-11/day)</th>
<th>AGE 1 - 3</th>
<th>AGE 4 - 6</th>
<th>AGE 7 - 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breads</td>
<td>⅛ slice</td>
<td>⅛ slice</td>
<td>1 slice</td>
</tr>
<tr>
<td>Rice, Pasta</td>
<td>⅛ cup</td>
<td>⅓ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Dry Cereal</td>
<td>⅓ cup</td>
<td>½ cup</td>
<td>⅓ cup – 1 cup</td>
</tr>
<tr>
<td>Crackers</td>
<td>2-3 crackers</td>
<td>3-4 crackers</td>
<td>4-5 crackers</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PROTEIN (2-3/day)</th>
<th>AGE 1 - 3</th>
<th>AGE 4 - 6</th>
<th>AGE 7 - 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat, Fish, Poultry</td>
<td>1 ounce</td>
<td>1 ounce</td>
<td>2 – 3 ounces</td>
</tr>
<tr>
<td>Beans</td>
<td>⅛ cup</td>
<td>⅓ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Eggs</td>
<td>⅛ egg</td>
<td>1 egg</td>
<td>1 – 2 eggs</td>
</tr>
</tbody>
</table>

![Carbs vs. Fat](image)

Carbs vs. Fat
Does it Matter?

- Studies show that eating lots of fat causes higher levels of body fat than eating lots of carbs.

- Low carb diets are NOT safe for children.
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**Fast Food**
- Teens eat about 1,650 calories when they eat fast food for lunch.
- Children eat about 187 extra calories when they eat fast food.

• 187 cal per day x 365 days = **17 pounds of fat!**

**Supersize Me?**
- At age 3 years, children eat the same amount regardless of serving size.
- By age 5 years, children eat more when given larger portions.
- When portion size increases, both bite size and number of bites increase.

**Juice**
- Juice is not healthy!
- Juice ingestion is associated with increased body weight.

**Soda**
A 12 ounce can of soda contains the equivalent of 10 teaspoons of sugar

Each additional serving of soda increases a child's odds of obesity by **60%**.

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**The inactivity process**

- **Chubby child**
  - Teased
  - Not picked in gym class
  - Mild knee and ankle pain when running

- **Overweight child**
  - Less time moving
  - More time watching TV
  - More time eating

- **Obese child**
  - Avoid sports altogether
  - More video games and TV
TV time correlates with obesity

- A child’s weight increases with the number of hours he/she watches TV.
- TV in the bedroom is an especially strong risk factor for obesity.

What can a parent do?

- Limit TV and computer time!
  - Fewer than 2 hours a day!
  - Consider a TV allowance meter
  - Brainstorm ideas for replacement activities
- Don’t allow your child to eat in front of the TV
- Do not put a TV in your child’s bedroom
- Monitor your child’s TV use!

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Who’s making dinner?

- Families don’t always eat together
- Meals are often fast foods or frozen foods
- Children often make their own meals
- Children often eat alone

What can a parent do?

- Intervene!!!
- Don’t ignore the problem!!!
- Obesity treatment DECREASES the risk of eating disorders!!!
- Don’t do it alone- seek medical help!!!

Why should I call a doctor?

- Medically unsupervised diets are not safe for children.
- Growth may be delayed if child is not closely monitored.
- Children have different nutritional and caloric needs at each stage of development.
- Do-it-yourself weight loss plans don’t work well for children.
It is crucial to act immediately

- Children lose weight and sustain weight loss more easily before puberty begins.
- Hormonal changes of puberty make weight loss more difficult.
- Puberty is associated with changes in the brain areas that control appetite.
- Weight “set point” determined at puberty

General Guidelines

- Restructure home environment
- Family mealtimes
- Model healthy behaviors
- Positive reinforcement
- Open communication
- Avoid force

Offer only healthy options!

Your child controls *when* he eats...

You control *what* he eats

You are not the food police

- Do not force foods
- Do not forbid foods
- Do not use foods as bribes
- Do not provoke conflict
- Do not scold
- Do not criticize

3 Squares a Day

- Turn off TV
- Clear away toys and books
- Encourage conversation
- Start with soup or salad
- Watch serving sizes and decrease plate size
- Serve vegetables
- Let children help cook
- Eat slowly

Tips For Packing a Healthy Lunch:

**A WHEAT + A MEAT + A TREAT**

(and a fruit or a vegetable!)
Tips For Healthy Dining Out

• 1. Read the menu carefully.
• 2. Don’t be afraid to special order.
• 3. Skip the kids’ menu.
• 4. Watch portion sizes!
• 5. Don’t drink your calories.
• 6. Eat slowly and enjoy each bite.

Snacking is Healthy!

• Eating a small amount of food every three or four hours keeps your blood sugar stable and prevents cravings.
• Be sure to include two snacks per day in-between meals.
• A 3 pm snack will help ward off pre-dinner exhaustion.

Tips For Healthy Snacking “On-The-Go”

• Invest in a thermal lunch box where food can be kept warm or chilled.
• Plan and pack your snacks the night before.
• Portion size your snacks in small baggies or air-tight containers.
• Don’t forget to throw in a bottle of water.
• In the morning, simply grab your lunch box and start your day!

Red Light, Green Light, Eat Right: General Overview

• Eat 3 Meals and 2 Snacks Each Day.
• Stay Within Your Allotted Colors For Each Meal and Snack.
• 2 Red Light Foods Each Week.
• Fruits, Vegetables, and Fat-Free Cheese are Free Fuel.

Road Rule #1: Mind The Traffic Lights

• Red Light Foods represent high-calorie foods.
• Yellow Light Foods represent moderate-calorie foods.
• Green Light Foods represent low-calorie foods.

Sample From Food Database

- Bagel ½ bagel Yellow
- Mini Bagel 1 bagel Green
- Bread, Whole Wheat 1 slice Green
- Bread, Reduced Calorie 2 slices Green
- Chicken Breast, Grilled 2 oz Green
- Chicken Breast, Breaded, Fried 3 oz Yellow
- Chicken Drumstick 1 drumstick Red
- Steak, Regular 2.5 oz Green
- Steak, Sirloin 3 oz Yellow
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- Chicken Breast, Breaded, Fried 3 oz Yellow
- Chicken Drumstick 1 drumstick Green
- Steak, Regular 2.5 oz Red
- Steak, Sirloin 3 oz Yellow

Road Rule #3:
Use Your Free Fuel!

- Fruits, most vegetables, and fat-free cheeses are Free Fuel and should be eaten with every meal and snack, and as often as desired.
- There is absolutely no limit on these foods!
- In fact, children MUST eat a fruit or vegetable with each meal or snack.
- Exceptions: Potatoes, Corn, and Avocado are not Free Fuel and must be counted as Green Light Servings.

Road Rule #4:
Enjoy Your Pit Stops!

- Kids take two Red Light Pit Stops a week because they should feel comfortable enjoying treats and indulgences, too.
- Just remember to keep it to two a week and watch those portion sizes!