



### Kids and Body Weight

Bodies come in all shapes and sizes and there is a significant range for good health! You may even see varying healthy genetic ranges within your own children with some at 10% and others at 80% for [body mass index](#). However, too much weight for good health can lead to obesity later in life. So, creating healthy habits, exercising as a family and not [talking poorly about your own body](#) can help offset this risk. Here are some more ways to create a healthy lifestyle:

- Promote healthy eating habits by being aware of [high-sugar](#), highly refined foods with added oils. Practice focusing on whole foods by eating a variety of fruits, vegetables, nuts, seeds, whole grains, low-fat dairy and lean protein which are all full nutrients and can help prevent disease in the future!
- Encourage your children and adolescents to go outside and play or [be active inside](#) for about an hour a day. Even household chores such as cleaning the car and mopping the floor count towards effective physical activities! Learning dances to tic-tok and moving with video game sports counts too!
- Focus on increasing healthy foods rather than restricting. With rapid growth in the early years of childhood, nutrition is a very important part of that process! Try to increase the amount of fruits, vegetables and whole grains in their diet rather than purely restricting other types of foods. This will help make sure their meals contain all of the nutrients they need to support healthy growth!
- Furthermore, speak to a [dietitian](#) if you have any questions or concerns. A dietitian is an expert in nutrition who can give you individualized tips specifically tailored to your own child! They can also help you create healthy, achievable goals!

To learn more, see Melissa's [TED MED Prezi Presentation on the Top 10 Causes of Childhood Obesity](#).

### Parent Power Tips from the SuperKids Nutrition Founder

Here are some tips on promoting healthy eating behaviors:

- Choose water! If your child loves fruit juice, consider adding in frozen or a few pieces of whole, fresh fruit into sparkling water! Try making your own homemade juices from scratch and dilute with half water.
- Learn [portion sizes](#). Sometimes our eyes are bigger than our stomach! Try portioning out 1/2 of your child's plate with fruit and vegetables, 1/4 lean protein, and 1/4 carbohydrates for a balanced meal!
- Offer scheduled meals and [healthy snacks](#) with a fruit, veggie or whole grain emphasis.
- Practice [mindful eating](#). Leading by example is a great way for your kids to learn good habits! Consider making meal time family time by [turning off the TV](#) and eating slowly, while appreciating every bite!
- Try not to use food as a reward or a punishment. [Food rewards](#) tend to be high-sugar or highly processed foods, while food punishments may put in a child's mind that certain foods are associated with being in trouble. Instead, try verbal praise, or even take them on a trip to their favorite park as a reward!
- Remind yourself that there are no "bad" foods when consumed in moderation. Allowing your child to have a treat every once in a while is a healthy part of growth! But for everyday treats, try [healthy substitutions](#).

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