

# Adolescent Weight Management on a Budget

A resource for parents



MOM PSYCH, 2013<sup>1</sup>

Over the past two decades there has been an increase in the rates of obesity among adolescents. Use this pamphlet as a guide to proper nutrition for your child.

## What to increase

- Aim for 60 minutes of physical exercise every day.
- Fruits and vegetables (fresh, frozen or canned in water).
- Whole grains including bread, pasta and rice should be  $\frac{1}{2}$  of total daily carbohydrate intake.



Eating Well. 2016<sup>2</sup>

## What to limit

- Sugary drinks like pop and  $\frac{1}{2}$  cup of juice per day is plenty.
- High calorie snacks like chips and cookies.
  - If eating fast food look for healthy options like grilled chicken and side salads.
  - Portion sizes have increased over the past decade. Use MyPlate (shown on the next page) as a guide.

MyPlate was developed by the USDA to promote healthy lifestyles. Its website provides many resources. The program makes it easy to find out how many daily servings you need from each food group and what a portion size for many common foods looks like.



Research shows that

- involvement of adolescents in meal preparation can reduce rates of obesity.
- Parents model behavior for their children whether they realize it or not
- It is important for parents to set a good example of healthy eating for their children.

## Picture References

<sup>1</sup>Family dinners nourish good mental health in adolescents. MOM PSYCH. <http://www.mom-psych.com/Articles/Family-Relationships/Family-Dinners-and-Mental-Health-PR1003.html>. March 20, 2013. Accessed August 6, 2018.

<sup>2</sup>Chipotle chicken quinoa burrito bowl. Eating Well. <http://www.eatingwell.com/recipes/22229/mealtimes/dinner/bowl/slideshow/healthy-dinners-in-a-bowl/?recipeId=254609>. Published July/August 2016. Accessed August 6, 2018.