What to do with a child that is Overeating

- Children who drink more than 4 ounces of fruit juice a day are getting too many calories from non nutrient dense foods. These children are at risk of obesity. If a child is drinking an excessive amount of juice they are also getting an excessive amount of calories. This juice may make them feel full and lead them to refuse nutrient dense foods essential for growth and development.

- Encourage the family to eat meals together

- Do not eat in front of the television

- Try to cut down on the visits to fast food and other restaurants by making it a treat and having it no more than once a week.

- Cut back on fatty ingredients in a recipe. Replace high fat with low fat...read the labels, look for another brand or variety that doesn't have fat listed as one of the first three ingredients. If the recipe says optional try to add extra flavor with spices or herbs.

- Increase the number of serving of vegetables and fruits to at least 5 a day.

- Decrease portion sizes.

- Give second serving to the child only if they're asked for.
  - Schedule toddler’s meals and snacks at regular times
  - Limit snacks to 3 a day: mid-morning, mid-afternoon, bedtime.
  - Teach child to eat slowly.

- Do not use food as a reward

- Never force a child to finish what is on the plate.

- Drink water instead of sugar drinks and sodas.

- Eat cereals low in sugar such as Cheerios, Corn Flakes and Kix

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