

# American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



NEW YORK  
CHAPTER 2

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Dear AAP NY Chapter 2 Member:

The Nutrition Committee of New York Chapter 2 of the American Academy of Pediatrics is happy to provide you with the enclosed materials that will help you offer anticipatory guidance to your patients. For some years, chapter members have asked for assistance in combating the epidemic of overweight children in their practices and this mailing is our response to this difficult problem. We have also enclosed a "BMI wheel" (compliments of the Dairy Council) to help you identify your patients at risk for being (>85th percentile BMI) or actually (>95th percentile BMI) overweight.

The enclosed "Pediatric Obesity Anticipatory Guidance Initiative" consists of a one-page questionnaire with six questions and seven targeted handouts that can be dispensed depending on the responses to the questionnaire. **They are designed to be photocopied for handouts in your office.**

The questionnaire can be filled out by the parent/child in your waiting room for any child/young adult over five years of age. We suggest that they then bring the completed questionnaire with them for the physician encounter. The pediatrician (or designee) should review the questionnaire and take particular note of any answer that is a third or fourth choice on any given line (that is, to the right of the line in the middle of the answers). These answers demonstrate the need for particular anticipatory guidance. We have constructed specific handouts for each question that can be provided by you (or your designee) when the third or fourth answer choice is chosen. Alternatively you can use the questions to guide your own clinical interview and history taking.

You can then take various follow-up initiatives as you so choose. For example, we would suggest that for those that are already overweight or at risk for being overweight (>85th % BMI) a follow-up appointment is scheduled to review the application of their handouts. For those who are not greater than the 85th percentile of BMI or who are not increasing their BMI at a rapid rate, no special follow-up appointment need be made.

We hope that the enclosed materials facilitate your efforts in combating overweight problems in your practice. Please let us know if they are helpful and how we could serve you in the future.

Michael J. Pettei, MD, PhD, FAAP  
Chair, NY2 Committee on Nutrition

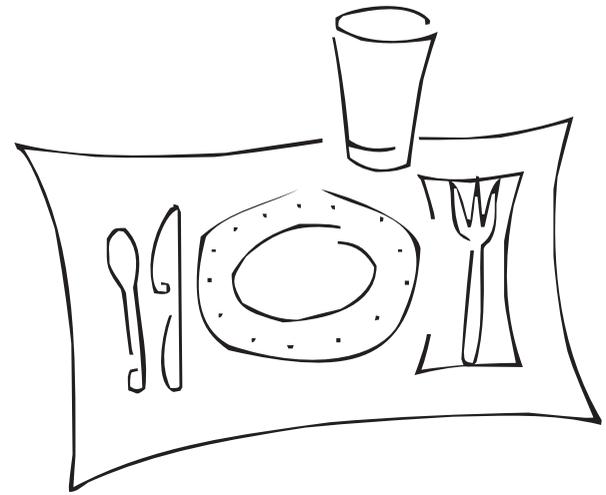
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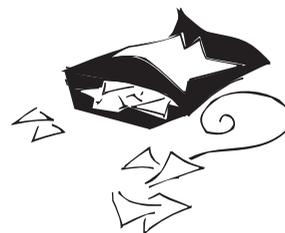
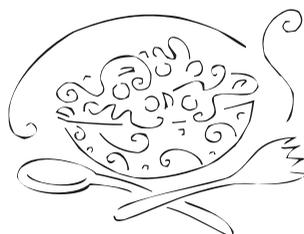
Anthony Battista, MD, FAAP  
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To help us provide better care for your child, please answer the following questions :



**Circle your choices**

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
1. How many ounces of juice, regular soda and sweetened drinks does your child drink <u>daily</u> ? (one cup = 8 ounces)	Less than 4	5 to 12	13 to 24	more than 24
2. How many fast food, take out, or restaurant meals does your child eat <u>each week</u> ?	0 to 1	2 to 3	4 to 5	more than 5
3. How many portions of snack foods like chips, cookies, candy and cake does your child eat <u>each week</u> ?	1 to 3	4 to 6	7 to 9	more than 9
4. How many hours of screen time (watching TV, playing video games, or using the computer for nonschool activities) does your child have <u>each day</u> ?	0 to 1	1 to 2	2 to 4	more than 4
5. How many times <u>each week</u> does your child exercise vigorously or play active sports? (not counting physical education /gym)	more than 5	4 to 5	2 to 3	0 to 1
6. How many meals does your family eat together at home <u>each week</u> ?	more than 6	4 to 6	2 to 3	0 to 1



# >> What's in that drink?

## Answer: Extra calories!

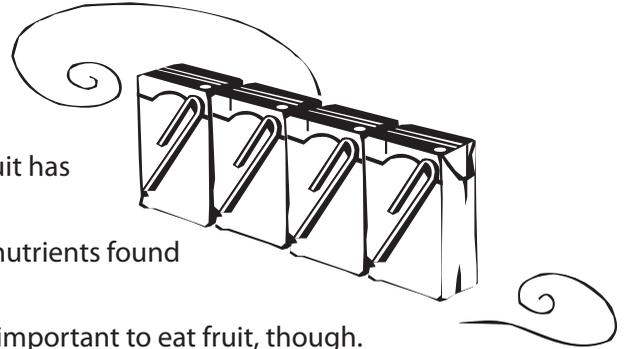
Many of us drink juice, soda, and other sweetened beverages with our meals and even between meals. Be careful though! These extra calories accumulate throughout the day. **Just 12 ounces of soda (a can) has 150 calories!** Surprised? **A 20-ounce bottle of sweetened iced tea has 250 calories.**

Water, on the other hand, has ZERO calories! How many calories are in your favorite drink?

## Fruit Juices

100-130 Calories/8oz. Cup

- Often have small amounts of vitamins and minerals (but whole fruit has much more!)
- For the majority, fruit juice lacks fiber and phytochemicals (other nutrients found to have healthful effects on the body) found in whole fruit.
- The American Academy of Pediatrics says no juice is needed. It is important to eat fruit, though.



## Soda

100 Calories/8 oz. Cup

- 100% of calories comes from refined sugar
- Some contain phosphoric acid which inhibits calcium absorption and erodes tooth enamel
- Soda has little nutritional value and often replaces more nutritionally dense beverages such as milk
- "Supersize" your favorite soda and you'll end up with 400 empty calories!



## Other Sweetened Drinks

100 Calories/8 oz. Cup

- This includes sweetened iced tea, lemonade, fruit punch, non-carbonated fruit flavored beverages
- 100% of calories comes from refined sugar
- These sweetened beverages often have little nutritional value and, like soda, frequently replace milk and other nutritious beverages

## Here are some calorie-free drink options:



- Water
- Seltzer
- Flavored seltzer
- Home-brewed unsweetened iced tea

>> See the next handout on milk to learn about this popular and nutritious drink

# >> Which *Milk* is best for you?



## Fat-Free Milk

80-90 Calories per 8 oz. Cup  
 about 8 g Protein and 300 mg Calcium  
 0 g fat and 0 g saturated fat

- Fat-free or "skim" milk is excellent for weight-conscious teenagers and adults.
- There is zero fat in this milk but the same amount of protein, calcium, and vitamins as whole milk!
- Is skim milk too watery for your liking? Don't worry! Some brands even fortify their skim milk to match the consistency of 1% fat milk. Look for "Skim Plus" labels in the milk aisle!

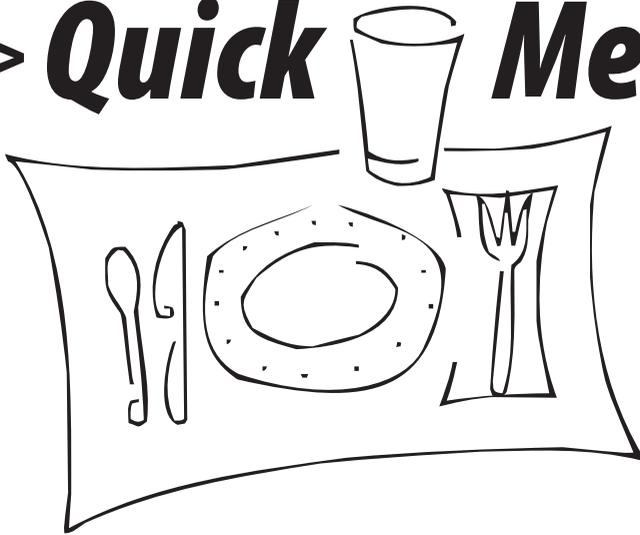


## 1% Milk (Low Fat)

120-135 Calories per 8 oz. Cup  
 about 8 g Protein and 300 mg Calcium  
 about 3 g fat and 1.5 g saturated fat

- Low fat milk is ideal for children over 2 years old and adults.
- There is less fat than in whole milk – less fat means less calories!
- Has all of the protein, vitamins and minerals of whole milk
- Has the same amount of calcium per cup as whole milk

# >> Quick Meal Ideas



**People eat healthier when they prepare meals themselves. They can save money, too!**

Try to decrease the number of fast food meals by **planning ahead**. On the weekend, plan meals for the week. Make a shopping list and go food shopping! *Remember...the less TV watched, the less fast food advertisements seen and the less whining to go out!*

## Grill-in

1. **Marinate** lean red meat, chicken and turkey overnight in low fat salad dressing or 100% fruit juice.
2. Cook on an indoor grill with cooking spray; grill veggies this way, too.



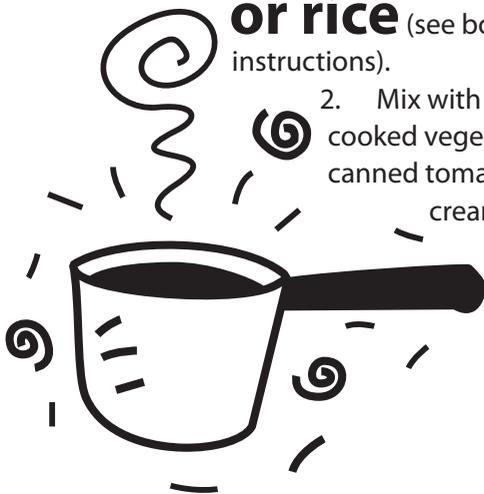
## Microwave:

1. Bake a potato in minutes. Clean the potato with a vegetable brush, poke holes into the potato with a fork, wrap in a paper towel and zap-it for **5 minutes**. Then sprinkle with low fat cheese.
2. Buy frozen vegetables and microwave when ready to eat.
3. Try microwaveable rice. It's now available! Choose brown rice to boost whole grains.

## From a Box:

1. Boil **pasta, noodles or rice** (see box for instructions).

2. Mix with beans, cooked vegetables, canned tomato sauce or creamy, low fat soup.



## Leftovers:

Make enough for **two meals** so another night you won't need to cook.

## Anytime Meal:

On weekends, make **batches** of soups and stews. Put in individual containers and freeze. Simply defrost, reheat, and eat with cooked rice or pasta for a mouthwatering meal in minutes, anytime.



## Tossed:

1. Buy salad in a bag; just open, wash and toss in a bowl.
2. Chop up tomatoes, carrots, cucumbers and other vegetable toppings; store in containers so they're ready for your salad **anytime**.
3. Add chicken, turkey, fish, red meat, tofu or beans. Top with low fat cheese and drizzle with low fat salad dressing. For pizzaz and crunch, lightly sprinkle with nuts or seeds.

# >> *Healthy* Eating Out

When eating out, you're likely to eat more calories than when eating at home. So, you must **be careful** of the hidden high calorie foods when dining out! *Remember...the less TV watched, the less fast food advertisements seen and the less whining to go out!*



## Cooking Method:

**Avoid** high-calorie terms like fried, buttery, crispy, creamed, gravy, au gratin or cheese sauce.

**Order Baked, Broiled, Grilled, Poached, Roasted, or Steamed**

## Right-size Portions:

### **At fast food restaurants:**

Order **small** hamburger or grilled chicken sandwich (no mayo) with baked potato, fruit platter, baked chips or side salad and fat free or low-fat dressing.

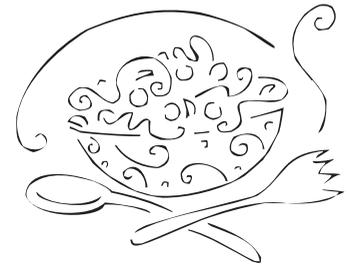
### **At other restaurants**

Appetizer: Order salad & fat free or low fat dressing or broth-based soup.

**SKIP the bread or tortilla chip basket!**

Entrée: Only eat half (either share or take it home)

Dessert: Either skip dessert or order fruit, low fat frozen yogurt or sorbet.

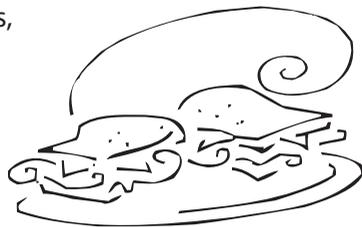


## Breakfast / Sandwiches:

**Choose whole grain breads, toast, English muffin or tortilla.**

Go for mini-sized bagels, biscuits and muffins.

Use only one slice of low fat cheese on sandwiches.



## Drinks:

**Choose low-fat milk, diet beverage, unsweetened tea, seltzer or water most often.**



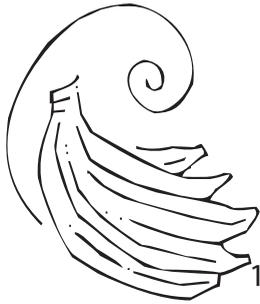
Hidden High Calorie Condiments to **Avoid**

- Mayo
- Salad Dressing
- Butter / Margarine
- Sour Cream
- Cream Cheese
- Syrup

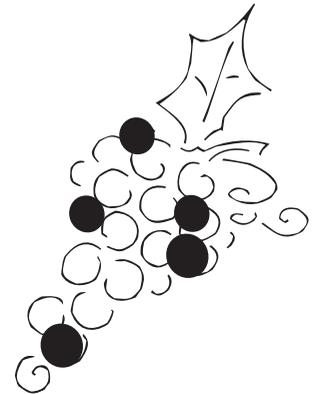
Instead, **choose**

- Mustard,
- Ketchup,
- Balsamic Vinegar,
- Yogurt, Salsa,
- Chopped Fresh Fruit.

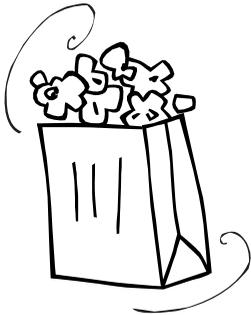
# 100 Calorie Snack Ideas



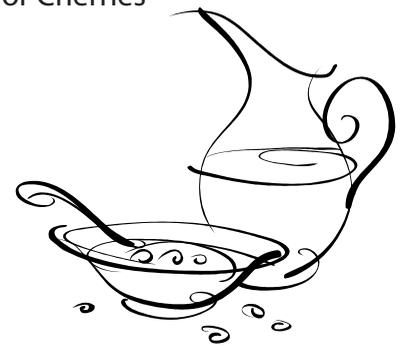
1 ounce/slice American Cheese  
 ½ cup Sherbet or low fat Frozen Yogurt  
 Baby Carrots and 2 tbsp. low fat Salad Dressing  
 Microwave 94% fat free Popcorn (1/2 bag or 1 individual bag)  
 1 ounce whole grain Pretzels (18 small, 5 small rods, 8 regular pretzels)  
 10 mini Popcorn Cakes or 2 regular size Popcorn Cakes



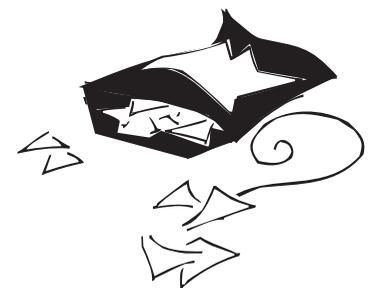
½ cup unsweetened Applesauce  
 1 low fat Granola Bar  
 ½ cup Cottage Cheese (1-2%)  
 Apple or Banana or Peach or 2 small Plums or 1 cup of Grapes or Cherries



1 small box of Raisins  
 2 squares low fat Graham Crackers + 1/2 Banana  
 2 oz. Turkey Rolls  
 8 Animal Crackers  
 1 low fat Mozzarella String Cheese  
 4oz. low fat Yogurt with ½ cup Berries  
 2 square Graham Crackers with 2 tbsp. Whipped Topping  
 5 low fat whole grain Crackers with 1 tbsp. Light Cream Cheese  
 ½ cup Fruit Cocktail (canned in Water or Juice)  
 1 tbsp. Natural Peanut Butter or Nut Butter with Celery Sticks



¾ cup Cold Whole Grain Cereal  
 8oz. skim or 1% Milk  
 ½ cup low fat Pudding  
 2 oz. Grilled Chicken Strips with 1 tbsp. BBQ sauce  
 low fat frozen yogurt pop  
 Fruit Juice Pop  
 1 pack plain instant Oatmeal  
 10 baked Chips



4oz. lowfat Yogurt with 1 tbsp. low fat Granola  
 1 slice light Bread with either ½ tbsp. Peanut Butter or 1 slice 2% low fat Cheese

Play tag.

Go to the park.

Get off the bus or train 1 or 2 stops earlier and walk.

Go hiking.

Jump rope.

Play handball or box ball.

Walk to local stores instead of driving / taking the bus.

Limit TV, video games and computer time to 1-2 hours a day.

Join dancing school or gymnastics or karate.

Ride your bike.

Take an after dinner family walk 3 days a week.

Have a catch with someone.



# Stay Active

Go outside and play.

Go bowling.

Join a sport team.

Park the car further away and walk.

# Exercise!

## Get the whole family involved

Put on your favorite CD and dance.

Practice your swing at the batting cage.

Visit a water or amusement park.

Play basketball at home (if a hoop is available) or in the park.

Take the stairs.

Go swimming.

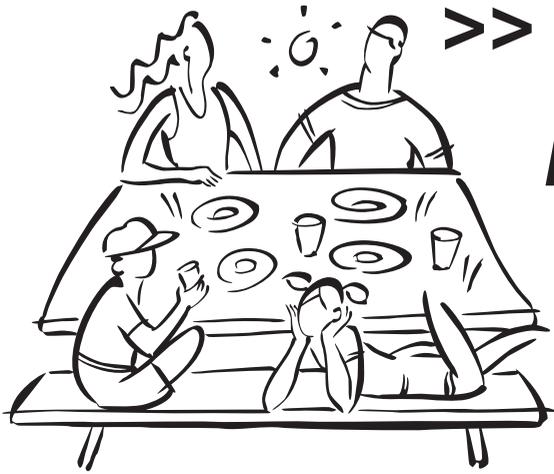
Go play miniature golf.

Try one of the aerobic classes on TV or obtain exercise tapes from your library or local video store. (There are great exercise tapes for kids!)

Go for a jog at your school's track.

Go ice skating or roller-skating.

Walk the dog.



# >> Why does family involvement matter in preventing obesity?

**1** Eating healthy is not a 'punishment' for your child. Your child will adopt healthy changes easier if the whole family does it together. Think about it...How would you feel if you had to eat a salad when everyone else is eating a burger and fries?!?! Children will succeed best in healthy eating and lifestyle when the whole family does it together.

**2** You can be your child's best role model when you eat healthy and have an active lifestyle. The saying, "Do what I say, not what I do"...does not work!

**3** When your children are used to routine meal and snack times, they are less likely to over eat and over snack!

**4** Eating healthy and exercising together as a family makes it more fun for your child.

## Am I Really Hungry?

- Encourage your child to eat slowly. It takes the brain 20 minutes to get the signal that he or she is full!
- If your child wants seconds, wait 10-15 minutes; if he or she is still hungry, then offer more food.
- Do not forbid any food completely. If certain foods are totally eliminated, this can lead to sneaking.
- Teach portion control!
- Offer your child food only at meal or snack time. Food should not be used as a reward, or a cure for boredom.
- Eat your meals at the table, not in front of TV or with other distractions.

