

Tips for parents to help prevent and address **childhood obesity**

What the Experts say



Children above 2 years

Eat 5 times a day

Children up to age 12 should eat at least 5 times per day, including a mid-morning & mid-afternoon snack

5

Exercise

Exercise for at least 60 minutes a day and limit screen time, particularly during mealtimes

Regular family meals

At least 5 family meals per week and appropriate portion sizes are strongly encouraged to instil healthy eating patterns and behaviours

Healthy snacks

Minimise energy-dense snacks high in saturated fats and added sugars - particularly as a reward or to comfort - and encourage healthy alternatives

Mediterranean diet

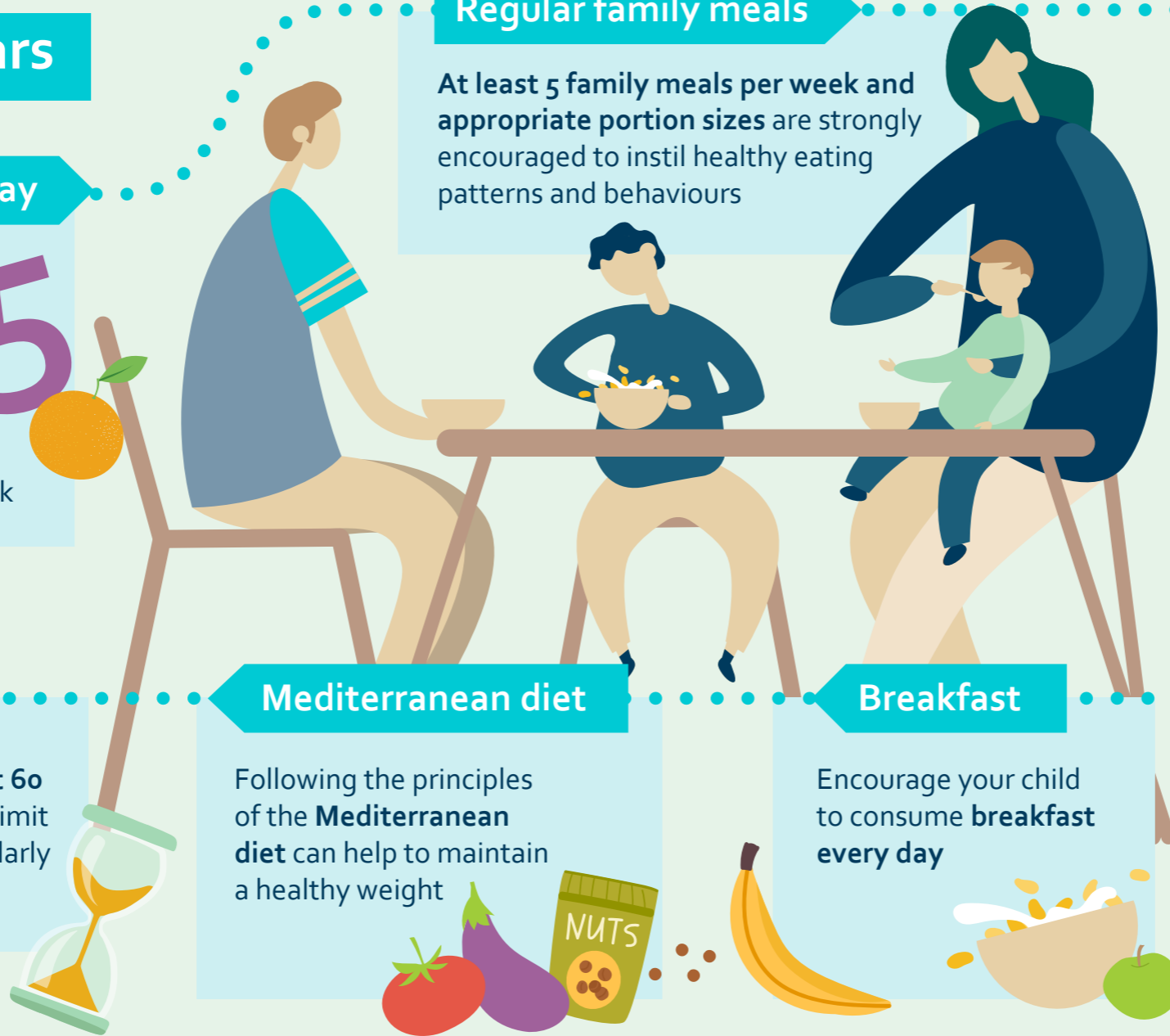
Following the principles of the **Mediterranean diet** can help to maintain a healthy weight

Breakfast

Encourage your child to consume **breakfast every day**

Drink water

Avoid sugary drinks and encourage your child to drink water



Reference: Verdúci, et al. Role of Dietary Factors, Food Habits and Lifestyle in Childhood Obesity Development. Journal of Pediatric Gastroenterology and Nutrition 2021; Volume Publish Ahead of Print, doi: 10.1097/MPG.0000000000003075.

