

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

What the Experts say



Children below 2 years

**Breastfeed** for as long as possible where feasible



**Responding quickly to your child's needs** (feeding, sleep, play and emotions) can help instil healthy eating behaviours and is associated with lower BMI scores at 3 years old

**Limit the intake of high protein foods** when complementary feeding

There is **no evidence to recommend reduced-fat cow's milk** to prevent childhood obesity



Reference: Verdúci E., 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.

