

# Too fat? That can be changed!

English

02

Leaflet

## Dear Parents

It has been determined that your child is overweight, a health problem that you are probably already aware of. It is likely that your child suffers from being overweight, is teased at school, made fun of, or has difficulty keeping up with the other children during gymnastic instruction.

One does not generally “grow out” of being overweight. The health consequences of being overweight in adulthood include heart, circulation and joint problems.

The main cause of being overweight is an imbalance between calorie-consumption (too many calorie-rich foods) and calorie-use (too little exercise). Hereditary plays a role as well.

## To do:

You have probably already tried out some weight-reduction strategies with your child. We would like to support you with some tips. This does not replace the advice of a pediatrician or a nutritional-advisor!

A successful weight-reduction needs time and patience. Lightning-diets and miracle-methods don't lead to long-term success. Instead, eat a varied and versatile menu.

The scale must be brought back into balance, i.e. calorie-consumption must be reduced (change of diet) and more calories must be burned (more exercise).



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## More Exercise

- By foot instead of bike, tram, or car. Frequent outdoor play, or participation in a sport-club (or swimming). Fewer passive activities such as TV or computer games.

## Change of Eating Habits

- Eat regularly**  
Avoid strong hunger: eat three main meals, two snacks.
- Eat at the table, eat together:**  
The same food for everyone and the same rules. Be your child's role model! No eating during other activities like homework, TV, computer etc.
- Little fat and few high-fat foods:**  
Reduce fat, prepare low-fat foods. Avoid breading and frying. Watch out for hidden fats: for example sausage, chocolate, cake, pizza, ice cream etc.
- Milk and milk products:**  
Low-fat quark, natural-yogurt, lean cheese etc.
- Eat sugar and candies sparingly!**  
Instead of giving your child sweets between meals, offer a dessert once a day. Avoid artificial sweeteners since these increase the appetite.
- Drink sufficiently:** (approximately 1,5l daily)  
Water, mineral water, unsweetened teas, fresh or pasteurized fruit juices. Avoid sweetened beverages like coke and ice-tea.
- Fruits and vegetables belong on the daily menu**  
Fruit and raw vegetables make suitable snacks.
- Several times daily satiating foods**  
Such as dark bread, pastas, rice, grains (especially whole-wheat), potatoes.
- Meat, fish, eggs**  
1-2x per week is sufficient. Look for low-fat varieties and avoid sausages .



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