

# **SMALL CHANGES WILL HAVE ENORMOUS RESULTS**

## ***DIET***

- EAT 3 MEALS A DAY (BREAKFAST A MUST)
- MINIMIZE PORTIONS
- HEALTHY SNACKS ONLY
- AVOID HI CARBS (LOOK FOR FOODS WITH NO MORE THAN 10 GRAMS OF SUGAR PER SERVING)
- AVOID FATTY FOODS (LOOK FOR FOODS WITH NO MORE THAN 2 GRAMS OF SATURATED FAT PER SERVING)
- DRINK 8 GLASSES OF WATER PER DAY
- NO FOOD AFTER 7 PM
- TAKE MULTIVITAMINS DAILY

## ***EATING OUT***

- NO ALL YOU CAN EAT RESTAURANTS
- DON'T SUPERSIZE

## ***TV***

- NO TV IN YOUR CHILD'S BEDROOM
- LIMIT TV, VIDEO GAMES, AND NON-HOMEWORK COMPUTER TIME TO NO MORE THAN 2 HOURS A DAY

## ***EXERCISE***

- 1 HOUR OF MODERATE PHYSICAL ACTIVITY PER DAY

## ***PARENTS***

- DO NOT USE FOOD AS A REWARD