**Weight Management**

**Calories In (what I eat):**

* **Meals**
	+ **Choosemyplate.gov**
	+ **Decrease portion size**
* **Snacks**
	+ **Healthy choices**
	+ **No late night snacking**
	+ **No emotional/bored eating**
* **Drinks**
	+ **Skim milk & water**
	+ **No sugar sweetened beverages (soda, juice, sports drinks)**

**Calories Out (what I use for energy):**

* **Daily activities**
	+ **Stand more than you sit**
* **Exercise**
	+ **DAILY. One hour split up over the course of the day.**
	+ **Family walks**
* **Sports, teams, extracurricular**

**TOP 5 EVIDENCE-BASED CHANGES TO IMPROVE WEIGHT**

1. **Eliminate sugar-sweetened beverages**
	1. **Water, skim milk only**
	2. **No juice, no sports drinks, no soda**
2. **Portion control**
	1. **Choosemyplate.gov**
	2. **Keep food journal for one week per month**
3. **Screen time**
	1. **Limit to less than 2 hours daily**
	2. **Stand when playing video games**
	3. **No screens after 8:30PM. Keep out of bedroom.**
4. **Family meals**
	1. **As frequent as possible**
	2. **Show your children how to make healthy, tasty meals at home**
	3. **Make it a top priority**
5. **Family exercise**
	1. **Family walks, bike rides, sports games**
	2. **Show your children that exercise is a priority**