**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**