



Healthy Weight

You arrive home after your daughter's appointment with the pediatrician and you keep hearing those words in your head..."Your daughter is overweight." Where do you begin? You know you have to do something but you don't want to put her on a restrictive diet.

I'm David Grotto, registered dietitian on behalf of Produce for Kids with some great tips on helping kids achieve a healthy weight.

Experts agree. The right approach to achieving and maintaining a healthy weight for kids is to focus on good eating habits while incorporating regular physical activity into their daily routine. Healthy eating includes fruits and vegetables, whole grains, lean meat and dairy products while limiting fats and sugary treats. Here's some great ways to trim excess calories from kids' favorite foods.

Easily save over 100 calories by swapping $\frac{1}{2}$ the amount of peanut butter used in a PBJ sandwich for $\frac{1}{2}$ of a ripe banana.

Skip the usual hot fudge and sugary syrup ice cream toppings by using instead, delicious fresh berries with a little honey and candy sprinkles on top.

Offer a build-your-own potato bar for dinner one night. A medium baked potato is only 110 calories and you can keep it fun and lean by offering toppings like steamed broccoli and cauliflower, low fat sour cream and cheddar cheese sauce, avocado and olive slices, salsa and pizza sauce, and turkey bacon crumbles.

Produce for Kids' *Ideal Meals* provides quick, easy and complete meals that your whole family will enjoy making and eating. And the recipe cards are designed to offer the right portion sizes for growing, healthy kids and were developed by a team of registered dietitians. You can rest easy knowing that each meal follows the recommended dietary guidelines by the USDA. Before you head to the grocery store, use *Ideal Meals* to plan out your healthy meals for the week!