

Healthy Weight Patient Pledge

Definition

- Overweight means your weight has become unhealthy
- It puts you at risk for several chronic health problems
- It is not the weight you want to be

Health Information

Cause

- Overweight is always from over-eating.
- When we eat more calories than our body needs for energy, the extra calories always turn into fat. No exceptions.
- Most extra calories come from drinks high in sugar (soda, juice), large portion sizes and comfort snacking on unhealthy foods.
- And sadly, some people gain weight much easier than others.
- Physical activity and exercise is important for heart health and fitness. But it won't help you much with losing weight.

Care Advice

- 1. You Want to Be a Healthy Weight:**
 - Losing weight is hard. It means giving up some unhealthy eating habits.
 - Only you can change that.
 - Here are some healthy eating tips from other young people who were overweight.
- 2. Drink More Water:**
 - Make tap water your main fluid. Drink it when you are thirsty.
 - Also, drink a glass of water when you feel hungry but just ate.
 - Avoid drinking soda. Don't have any in your house.
 - Drink skim milk or 1% milk. Drink only 16 ounces (480 ml) per day.
 - Fruit juice: Don't drink over 4 ounces (120 ml) per day.
- 3. Watch Your Portion Size:**
 - Have 3 main meals per day. There are no foods that are off limits.
 - Eat smaller portion size of food than you used to.
 - Try to give up second servings.
 - Desserts are OK too, but small portions.
- 4. Limit Snacks:**
 - Try to give up snacks between meals.
 - If you can't do that, schedule 1 healthy snack in the morning and 1 in the afternoon.
 - Keep your snacks small, just enough to take the edge off your hunger.

5. **Healthy Eating Habits:**

- Chew your food well and enjoy each bite.
- Eat slowly. Reason: takes time for hunger to go away
- Stop eating when you are no longer hungry (usually happens when we are 80% full).
- Don't keep eating until you feel "full".

6. **Overweight Patient Pledge:**

- I promise to work on building these Healthy Eating Habits into my life
- Patient's Signature:

- I promise to help you reach your goals
- Doctor's Signature:

Call Your Doctor If

- You have other questions or concerns

Pediatric Care Advice

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