

Too Many Calories

Children need healthy foods to help maintain a normal weight.

Foods that are high in calories can make children gain too much weight.

Breakfast



Eggs, toast, milk:
Calories 270

Breakfast



High sugar cereals:
Calories 330

Snack



Apple and water:
Calories 80

Snack



Cookies:
Calories 350

Lunch



Spaghetti & 100% orange juice:
Calories 375

Lunch



Happy Meal™:
Calories 640

Snack



Vegetables and ranch dressing:
Calories 150

Snack



Chips and drink:
Calories 330

Dinner



Oven baked chicken and vegetables:
Calories 375

Dinner



Hotdog and soda:
Calories 500

Total Calories=1250

Total Calories = 2140

Avoiding Childhood Obesity

- Moderately active children ages 4-8 should eat between 1,200-1,600 calories a day.
 - Unhealthy snacks like cookies, ice cream, chips, soda, and candy can quickly add up calories.
 - Reach out for healthy snacks like fruit, vegetables, nuts, cheese and multi-grain crackers.
 - Serve healthy drinks like milk and water instead of juices, soda, and sports drinks that have high amounts of sugar.
- Remember:** Small changes in your diet add up. It's up to you to switch the chips for the veggies or the soda for the water.