

Nutritional Counseling for Patients > age 8 years whose BMI is greater than 85% for age

	BMI%	BMI #	weight
initial -date			
today's - date			
goal is BMI = 50-85%	50%-85%		-
weight to lose still			

Name: _____
OP: _____
Nutritional Visit # _____

Objective and Goals:

Your weight / your child's weight will eventually affect his/her/your health by increasing the risk of diabetes, high blood pressure, heart problems, high cholesterol, joint problems, increase risk of cancer, and infertility. Girls who are overweight frequently go through puberty earlier and statistics show enters sexual activity earlier. Babies born to mothers who are overweight have an increased risk for autism. Lastly, being overweight has a negative impact on employment and financial security.

We want our families to be healthier but we can only give the information, it is completely your responsibility to choose a healthy lifestyle.

5-2-1-0 PLAN for the entire family

PORTION CONTROL divided all plates / meals into 4 quarters

5 servings of fruits and vegetables daily

2 hours media per day

1 hour exercise per day or 7 hours per week

0 sugary drinks: includes- no capri sun, sunny d, Gatorade, juice – even 100% juice

fruit no added sugar	vegetables with less than 1 T oil dressing
meat = palm of your hand	starch = 1/2 cup or 1 tennis ball

Snacks should be limited to once daily and be equal to half the plate and always with a protein. No chips / junk food

These are healthy portions – not diet portions and will give you a lifetime of healthy eating. An occasional splurge is allowed, but limits it to once a weekly.

Other suggestions:

Reduce school lunches and school breakfasts

Get app for my phone to educate myself on portions and exercise

Get app to show calories of fast foods chains to make better choices

Family contest to lose weight

Learn cooking techniques to reduce fats and sugars in food.

Contract Goals	patient initial	parent initial
I will exercise _____ minutes per day		
I will reduce media time to _____ min/day		
I will not drink / buy sugary drinks		
I will serve /eat portions as shown above		