Children of all sizes can be healthy. Size is not the same as health. Eating nutritious foods and keeping active are all part of being healthy.

**Should overweight children be placed on a weight loss/restrictive diet?**
No, children should not be placed on a weight loss diet. Putting a child on a diet may result in feelings of anger, stress and result in sneaking foods and overeating. The goal for an overweight child is to grow into his/her present weight.

**What can you do to support healthy eating?**
- Serve a variety of foods from all food groups in appropriate portion sizes for their age
- Make meal and snack times calm and pleasant
- Let children tell you when they are hungry and when they are full
- Turn off the TV at meal and snack times - promote mindful eating
- Serve breakfast, lunch and snack every day at regular times
- Quench a child’s thirst with water

Healthy eating is only one part of a healthy lifestyle. Keep children ACTIVE!
- Play active games like hide-and-seek or tag
- Play outside as much as you can
- Let them dance and move to music
- Provide skipping ropes, Frisbees and other outdoor toys for them to enjoy