

Keeping It Balanced

How to maintain a healthy weight



Energy In = Food and Drink



Energy Out = Activity

Energy balance is when what you eat and drink equals the activities you do.

_____, will work on the following Energy In and Energy Out areas over the next four to five office visits with Dr. _____, and will go over the office visit topics listed below.

Energy IN

- Proper portion sizes
- Limit sweetened drinks
- Eat more fruits and vegetables
- Eat breakfast every day
- Eat more family meals
- Make eating out healthier

Energy OUT

- Limit screen time (TV, computer, tablets, cellphones, video games, etc.) to less than two hours per day
- Aim for 60 minutes or more of activity every day
- Remove TV from child's bedroom

Office Visit Topics

Energy Balance

- Go over diet, activity, and family history
- A Guide to Your Food Groups

Excess Calories

- Proper portions
- Snack foods
- Sweetened drinks
- Milk
- Juice

Keeping Active

- Physical activity
- Screen time
- Screens in the bedroom

Routine is Important

- Breakfast
- Family meals
- Eating away from home
- Sleep

Nutrient Rich Foods

- Fruits and vegetables
- Eating on a budget

