**Energy Balance**

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

Keeping It Balanced 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