

# Fight Childhood Obesity: What Parents Can Do

Follow the 5-2-1-0 rule EVERYDAY!



## [EAT RIGHT] 5 or more fruits & vegetables

- Children who eat **five or more** servings of vegetables and fruits a day are significantly less likely to develop overweight and obesity than children who eat less than 3 servings per day.
- Avoid frying - try steaming, baking, stir-frying
- Offer new fruits and vegetables and encourage everyone in the family to try a few bites each time. It can take 7-10 tries to like a new food



## [WATCH LESS] 2 hours or less of screen time per day

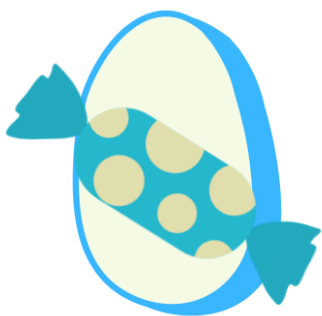
- Set some basic rules, such as no TV/computer during mealtime
- Make a list of fun activities to do instead of being in front of a screen, such as ride a bike, take your kids to the park or beach, go to the library, read a book or magazine

**Healthy Screen Time:**  
**Zero** screen time under the **age of 2**  
**1 hour** screen time between **ages 2-5**  
**2 hours or less** screen time per day after the **age of 5**



## [GET ACTIVE] 1 hour or more of physical activity

- Do short amounts of physical activity several times a day until they add up to **60 or more minutes** each day
- Physical activity should be easy and fun, such as swimming, walking, running, dancing, hiking, gardening
- Join an exercise group or class. Sign your children up for community sports teams or lessons



## [CUT DOWN] Limit sweetened drinks to near 0

- Limit sweetened beverages such as soda, sweetened tea, sports drinks, fruit punch and other fruit-flavored drinks
- Drink water and fat-free or low-fat milk
- Keep a water bottle on hand

### How Much Water Should Children Drink A Day?

CHILDREN (4-8 years old)  
5 cups/day(40 oz)

CHILDREN (9-13 years old)  
7-8 cups/day(56-64 oz)

CHILDREN (14-18 years old)  
8-11 cups/day(64-88 oz)



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# 對抗兒童肥胖：父母可以做什麼

## 每天遵循5-2-1-0法則！



### 每天要食用 5 種以上蔬菜或水果

- 每天吃五份或以上蔬菜和水果的孩子比每天吃少於三份的孩子出現超重和肥胖的可能性要小得多。
- 烹飪時避免油炸 - 嘗試蒸，烘烤，炒的方式
- 提供新的水果和蔬菜種類，並鼓勵家庭中的每個人每次嘗試幾口。喜歡新的食物可能需要7到10次嘗試



### 每天看屏幕時間不能超過 2 小時

- 立下一些基本規矩，例如進餐時不能看電視或電腦
- 列出一系列有趣的活動，而不是坐在屏幕前，例如騎自行車，帶孩子去公園或海灘，去圖書館，看書或雜誌

**健康的屏幕使用時間：**  
2歲以下屏幕時間為0  
2-5歲的屏幕時間為1小時  
5歲以後屏幕時間為每天2小時或更短



### 每天需要進行 1 小時以上的鍛煉

- 每天進行多次少量的體育鍛煉，直到每天增加到60分鐘或更長時間
- 體育鍛煉應該輕鬆有趣，例如游泳，散步，跑步，跳舞，遠足，園藝
- 參加運動小組或課程。為您的孩子報名參加社區運動隊或課程

### 限制攝入甜味飲料接近0

- 限制甜味飲料，例如蘇打汽水，甜茶，運動飲料，果汁飲料和其他水果味飲料
- 喝水和無脂或低脂牛奶
- 保持水瓶在手

#### 孩子一天應該喝多少水？

兒童 (4-8歲)  
5杯/天 (40盎司)  
兒童 (9-13歲)  
7-8杯/天 (56-64盎司)  
兒童 (14-18歲)  
8-11杯/天 (64-88盎司)



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