

DIET AND EXERCISE TO PREVENT CHILDHOOD OVERWEIGHT/OBESITY



**DEPARTMENT OF ENDOCRINOLOGY,
SGPGIMS, LUCKNOW**

With support from DST (Department of Science and Technology), Govt. of India

Obesity : growing round the globe



This child is not "Healthy" !
He is **OVERWEIGHT!!**

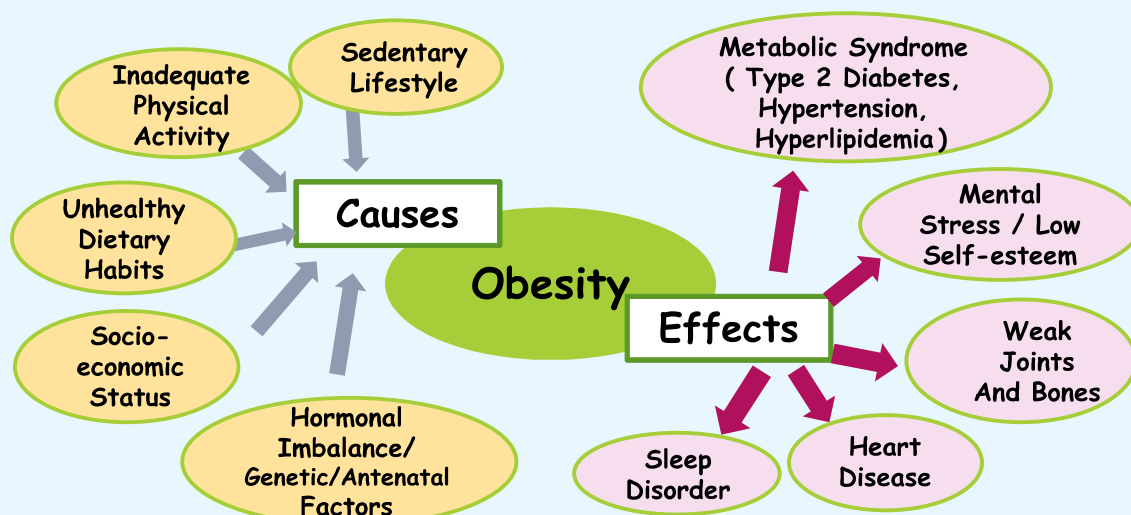


Obesity is a condition of excess of fat deposition in the body which leads to poor health.

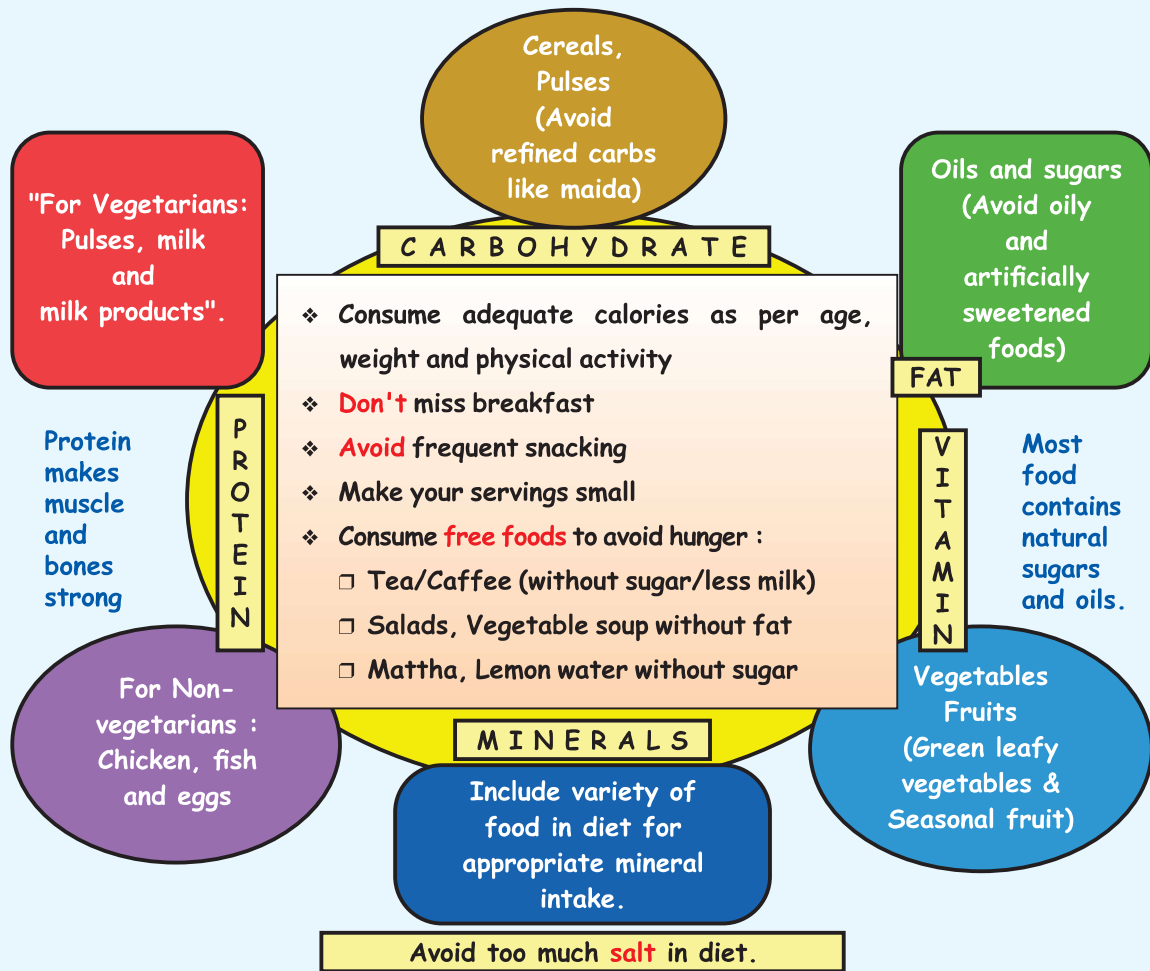
One in five school children in India is overweight.

LIFE STYLE THEN AND NOW

Then	Now
Home made food	Restaurants, cafeterias
Outdoor games, skipping, kabaddi, kho-kho, ice and water, pitthu, I spy etc.	Computers, T.V. Video games Mobile phones
Walking, cycling	Motorbikes , Cars
Manually doing chores (washing clothes, grinding spices etc.)	Electrical appliances / technology (washing machine / mixer grinder etc.)
More tired - Good sleep	Less tired - No sleep



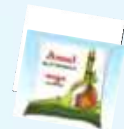
HEALTHY EATING



SNACK SMART



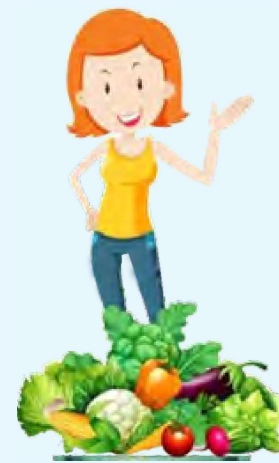
LOW CALORIE



- ❖ Eat at specified meal times.
- ❖ Before snacking, ask yourself - "am I really hungry?"
- ❖ Plan and stock healthy foods at home, not ready-to-eat foods.
- ❖ All family members should eat the same kind of food.
- ❖ Do not reward the child with food: instead reward them with outdoor activity or play / sport equipment.
- ❖ Request family members and friends not to bring food as a treat (like chocolates, chips, samosas, sweets, bakery products, etc).
- ❖ Use modern methods of cooking like: steaming, roasting, dry frying, baking, grilling etc. instead of deep frying.

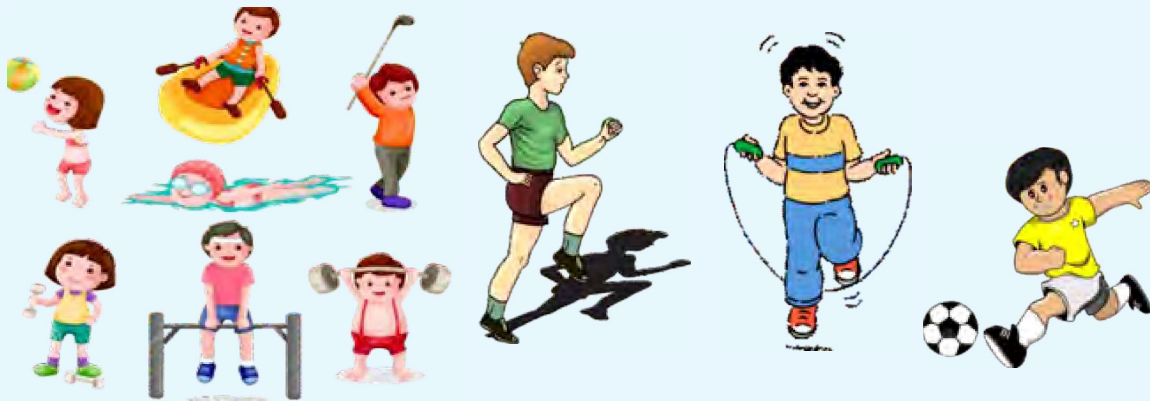


**CHOOSE HEALTHY SNACKS!
YOU ARE WHAT YOU EAT!!**



UNHEALTHY SNACKS	HEALTHY ALTERNATIVES
Samosa	Atta bread toast
Pakorras	Boiled sweet corn
Namkeen / dalthmoth	Bhuna chana
Chips / kurkure	Bhelpuri
Fried eggs	Poached/half boiled eggs
Chowmein	Home made noodles with vegetables
Full cream milk	Skimmed milk
Fried vegetables	Baked/steamed vegetables
Fried spring rolls	Steamed momos
Sharbat	Buttermilk
Pizza/cheese sandwich	Grilled vegetable sandwich
Chocolate and pastry	Any fruit
Any cold drink	Plain soda with namkeen shikanji
Ice cream / Sweets	Chilled fruit salad

PLAY AND PHYSICAL ACTIVITY



- ❖ Engage for 30-45 min per day in some physical activity like playing, skipping, jogging, hockey, football, badminton, football, volleyball, swimming, dancing, aerobics, kabaddi, kho-kho, ice and water etc.
- ❖ "Try not to sit all the time; instead walk, run, play, skip, dance and work in and around the house".

CALORIES : EASY TO EAT, DIFFICULT TO BURN !!

Snacks	Calorie	=	Activity	Calorie
Burger 1 piece	330 kcal	=	Badminton 2 hours	330 kcal
Chowmein ½ plate	350 kcal	=	Football 1 ½ hour Basketball 2 hour	350 kcal
Cold drink 200ml	123 kcal	=	Jumping rope for 15 min	110 kcal
Chips/kurkure 1 bowl	280 kcal	=	Climbing stair for 30 min	268 kcal
Veg. Pakoras 5 pc	200 kcal	=	Aerobic dancing for 1 hour	200 kcal
Chocolate cake 1 pc	235 kcal	=	Lawn tennis (singles) 2 hour	229 kcal
Gulab jamun	250 kcal	=	Bicycling for 1 hour	250 kcal



- ✓ Have 6-8 hours sleep.
- ✓ Do not eat in front of the T.V.
- ✓ Spend not more than one hour for internet and T.V.
- ✓ Limit too many tuition classes, meetings/workshops to avoid sedentary lifestyle.
- ✓ Do make time for at least one hour of physical activity even if you are busy in work / studies.
- ✓ The whole family should be disciplined and focused on adopting a healthy lifestyle.
- ✓ **Parents** : you must be role models and practice what you preach; never be judgmental.

Take Home Message

*Motivation is what gets you started;
Habit is what keeps you going..
Never give up!*

*Motivate yourself , start from today - your family's
health is in your hands.*

Begin a healthy lifestyle today and be proud tomorrow !!

