

A Better Way to Manage Weight Management

Introducing the COACH program, the new streamlined obesity initiative from Arkansas Children's Hospital



Nutrition & Exercise for a Healthy Lifestyle

COACH

Center for
Obesity and its
Consequences
in Health

&

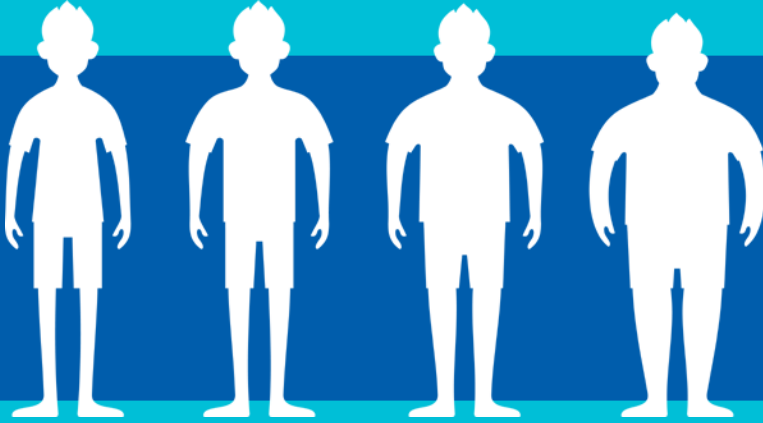
ACCENT

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Children's
Center for
Exercise and
Nutrition
Therapy



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Metabolism



Everyone has their own **metabolic rate** – the rate at which the body burns calories.

Your metabolic rate will be reviewed with you based off of the InBody study.



Increase your metabolism by:

- Eating regular meals
- Exercising regularly



What lowers your metabolism?

- Skipping meals, especially breakfast
- Inactive lifestyle, not exercising/extreme exercising
- Strict dieting
- Starving our bodies for eight hours or more



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Building Healthy Habits



Eat balanced meals that include foods from all

5 FOOD GROUPS

1/2
OF YOUR PLATE



FRUITS & VEGGIES



GRAINS

1/2
OF YOUR GRAINS SHOULD BE WHOLE GRAIN



PROTEIN

CHOOSE LEAN PROTEINS



CHOOSE LOW-FAT DAIRY

DAIRY



CHOOSE **WATER** TO DRINK

9 in.

Use a smaller plate.



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Portion Size Matters

A fist or cupped hand = 1 cup



1 serving = $\frac{1}{2}$ cup cereal, cooked pasta or rice
or 1 cup of raw, leafy green vegetables
or $\frac{1}{2}$ cup of cooked or raw, chopped vegetables or fruit

A thumb = 1 oz. of cheese

Consuming low-fat cheese is a good way to help you meet the required servings from the milk, yogurt and cheese group.
 1 $\frac{1}{2}$ - 2 oz. of low-fat cheese counts as 1 of the 2-3 daily recommended servings.



Handful = 1-2 oz. of snack food

Snacking can add up. Remember, 1 handful equals 1 oz. of nuts and small candies. For chips and pretzels, 2 handfuls equals 1 oz.



Because hand sizes vary, compare your fist size to an actual measuring cup.

Palm = 3 oz. of meat

Two servings, or 6 oz., of lean meat (poultry, fish, shellfish, beef) should be a part of a daily diet. Measure the right amount with your palm. One palm size portion equals 3 oz., or one serving.



Thumb tip = 1 teaspoon

Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum by measuring the serving with your thumb. One teaspoon is equal to the end of your thumb, from the knuckle up. Three teaspoons equals 1 tablespoon.



1 tennis ball = 1 serving of fruit

Healthy diets include 2-4 servings of fruit a day.



- Use the hand guide as a tool. Because hand size varies, compare your fist to an actual measuring cup.
- Measuring cups and measuring spoons are also a great way to monitor portions.
- Nutrition label reading will provide recommended serving size.

Re-Think your Drink

Better beverage choice?
WATER!



Generally, you should have a glass of water with every meal or snack



Drink 6 – 8

glasses of water per day

TIPS FOR INCREASING WATER INTAKE

Add lemon, lime or orange slices to a glass of water



Keep a water bottle with you all the time and remember to refill it when empty



Other Alternatives

- Diet soda
- Unsweetened tea
- Flavored water (Crystal Light, Mio, etc.)
- Powerade Zero

Know the Facts

Nutrition Facts	
Serving Size 1 cup (228mg) ←	
Servings Per Container 2	
Amount Per Serving	
Calories 260	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g ←	25%
Trans Fat 2g ←	
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 13g	10%
Dietary Fiber 0g ←	0%
Sugars 5g ←	
Protein 5g	
<hr/>	
Vitamin A	4%
Vitamin C	2%
Calcium	15%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs. ←	
	Calories: 2,000 2,500
Total Fat	Less Than 65g 80g
Sat Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

START HERE 1

CHECK CALORIE COUNT

Don't eat too much of these.

Make sure you get enough of these.

2 CHECK SERVING SIZE
The Nutrition Facts information is based on a standard serving size. Know many servings are in the package.

CHECK SATURATED & TRANS FATS

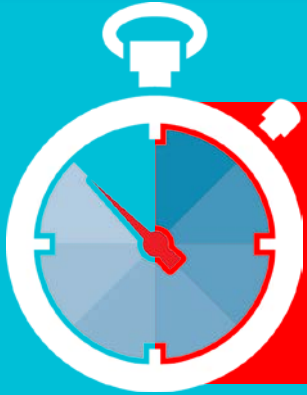
- Both fats are unhealthy for your heart.
- Saturated fats should be less than 2 grams (2g) per serving.
- Trans fats should be zero grams (0g) per serving.

Choose foods with at least 3g DIETARY FIBER

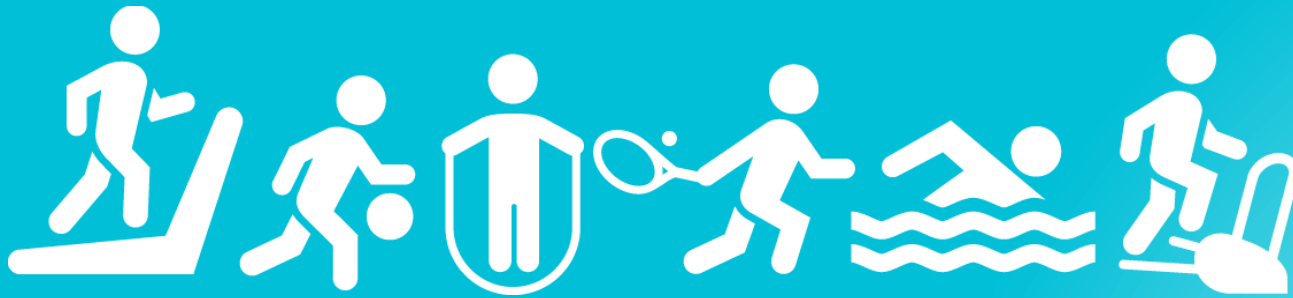
Choose foods with less than 10g of SUGAR per serving

6 REMEMBER, the label shows information per serving. If you eat 2 servings, you are getting twice as much as the serving size

Exercise Recommendations



American Academy of Pediatrics (AAP) and the Center for Disease Control (CDC) recommends **60 minutes of moderate exercise per day**



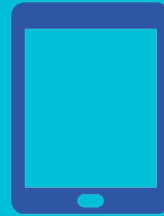
What is moderate activity?

- You should feel hot and sweaty
- You should be out of breath
- You should not be able to carry on a conversation



Screen Time

What qualifies as screen time?



TVs • Phones • Tablets • Video games • Computers



American Academy of
Pediatrics recommends
**less than two hours
per day**



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Ways to Increase Activity

Make it fun for the entire family!

Walk or run a 5k. Go for a hike on a nature trail. Play on a playground. Utilize community parks, ball fields and other recreational facilities.



Make physical activity part of a daily routine.

Play games that encourage physical activity.

Give items that encourage movement.

(Soccer balls, basketballs, jump ropes, etc.)

Do activities your child/children enjoy.

They can be structured or unstructured.



Be Positive!

- 1 Encourage your child to participate in activities they enjoy.
- 2 Be positive about his/her participation.
- 3 Lead by example. Live an active lifestyle yourself.
- 4 Encourage your child to try new things.

Great!

We are so
proud of you!

Way
to go!



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Calories Burned in 30 minutes:

- Basketball/football/soccer → **234** calories
- Wii Sports → **117** calories
- Dance Dance Revolution → **234** calories
- Walk Dog → **100** calories
- Tennis → **125** calories
- Hula Hooping → **117** calories
- Walking at 2.0 mph → **99** calories
- Swimming → **144** calories
- Jumping Jacks → **153** calories

