

Patient's Name \_\_\_\_\_

Diagnosis \_\_\_\_\_

It is recommended that you and your family start by making a few of the changes listed below:



Drink water (or sugar-free/calorie free beverages) instead of sweet drinks (soda, juice, Kool-Aid, Gatorade, lemonade).



Eat fruits and vegetables with every meal.



Do not skip breakfast.



Eat fruits and vegetables for snacks.



Limit fast food to 1 time every 2 weeks or less.



Walk at least 30 – 60 minutes each day.



Reduce TV, computer, & video-game time to less than 2 hours a day.

\_\_\_\_\_  
Physician's Signature

## Eating and Physical Activity Questionnaire

*For children ages 2 to 17 years old at well-child visits*

Please answer the following questions with your child. Your doctor will review your answers during your visit. Your answers help your doctor care for your child.

### Eating

1. **What are your five favorite foods?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

2. **How many fruits and vegetables do you eat a day? (check one)**

- None  1 to 2 a day  3 to 4 a day  5 to 6 a day

3. **Do you have a favorite fruit or vegetable you eat more than 3 to 4 times a week?**

- Yes  No

4. **If yes, what is your favorite fruit and/or vegetable?** \_\_\_\_\_

5. **Write down all fruits and vegetables you like.**

\_\_\_\_\_  
\_\_\_\_\_

6. **Does your family drink milk?**  Yes  No

7. **If yes, what kind of milk? (check one)**

- Skim or fat-free milk  1% milk  2% or low-fat milk  Whole milk

8. **Do you skip meals?**  Yes  No

9. **What snacks do you eat?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
10. **How often do you drink soda or juice? (check one)**  
 None                       Once a month or less                       Once a week  
 2 to 3 times a week                       4 to 6 times a week
11. **How many nights a week does your family eat fast food or eat away from home?(check one)**  
 Once a week    2 to 3 times a week    Every day
12. **How often does your family eat dinner together? (check one)**  
 Once a month or less                       Once a week  
 2 - 3 times a week                       4 - 6 times a week
13. **Do you eat in front of the TV?**  Yes                       No
14. **Do you eat when you are upset?**  Yes                       No
15. **Are you willing to eat more fruits and vegetables?**  Yes                       No
16. **Are you willing to change some things that you eat and drink to be healthier?**  
 Yes                       No
17. **What worries do you have about changing what you eat or getting more exercise?** \_\_\_\_\_  
\_\_\_\_\_

## Physical activity

18. **How often do you exercise or move your body? (check one)**

- None                       Once a month or less                       Once a week  
 2 to 3 times a week                       4 to 6 times a week

19. **When you exercise or move your body, how much time do you spend? (check one)**

- Less than 30 minutes    30 to 60 minutes                       1 to 2 hours

20. **Do you take gym class, or play sports or dance in or outside of school?**

- Yes                       No

21. **Is it safe to walk or bike where you live?**                       Yes                       No

22. **Do you have exercise equipment at home?**                       Yes                       No

23. **If yes, what kind of equipment?**

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24. **Does your family belong to a gym or recreation center?**    Yes    No

25. **How many total hours a day do you watch TV, use the computer and play video games? (check one)**

- I do not watch TV, use the computer or play video games  
 4 or more hours a day

26. **Do you have any of these in your bedroom? (check all that apply)**

- Television                       Computer                       Video or computer games

27. **Do you have a favorite sport or physical activity you love to do?**

Yes       No

28. **If yes, what sport or activity?** \_\_\_\_\_  
\_\_\_\_\_

29. **How many days a week are you willing to exercise or move your body? (check one)**

None       Once a month or less       Once a week  
 2 to 3 times a week       4 to 6 times a week

## Eating and Physical Activity Daily Log

Day \_\_\_\_\_ Date \_\_\_\_\_

Food and drinks

Goal for the day: \_\_\_\_\_

Mood for the day:



1-2-3-4-5-6-7-8-9-10  
(Circle one)



Meal	What I ate and drank	How much I ate and drank
Breakfast		
Morning snack		
Lunch		
Afternoon snack		
Dinner		
Bedtime snack		

## Daily Food Servings

Fruits

Proteins

Vegetables

Grains

Dairy

Water! Drink 8 glasses every day!

## Physical activity

Goal for the day: \_\_\_\_\_

What I did	For how long	It was: easy, medium, hard (choose one)

## Dietary Prescription for Preschoolers (Ages 2-5 years)

Use this guide to keep track of the amount of food your child needs a day for each food group. To learn about serving sizes, use measuring cups for a few weeks.

Food group	Number of servings needed a day	Examples of serving sizes
Fruits	2 to 3 servings (include source of vitamin C)	<ul style="list-style-type: none"> <li>• 1 small fruit or ½ to 1 cup fresh fruit</li> <li>• ¼ to ½ cup unsweetened canned fruit</li> <li>• 2 tablespoons dried fruit</li> <li>• Small box of raisins</li> </ul>
Vegetables	2 to 3 servings	<ul style="list-style-type: none"> <li>• ¼ to ½ cup cooked vegetables</li> <li>• ½ cup salad or raw vegetables</li> </ul>
Dairy	2 to 3 servings	<ul style="list-style-type: none"> <li>• ½ cup skim or 1% milk</li> <li>• 1 ounce string cheese</li> <li>• ¼ cup shredded cheese</li> <li>• 4 to 6 ounces yogurt</li> <li>• ½ cup pudding</li> </ul>
Proteins	Varies depending on serving size: 2 to 4 ounces total	<ul style="list-style-type: none"> <li>• 3-ounce portion of lean beef, pork, chicken, turkey or fish is about the size of a deck of cards</li> <li>• 1 ounce of protein equals:               <ul style="list-style-type: none"> <li>* ¼ cup cooked dried beans, ground meat, tuna, egg substitute or egg whites</li> <li>* 1 egg</li> <li>* 1 to 2 tablespoons peanut butter</li> </ul> </li> </ul>
Grains	4 servings	<ul style="list-style-type: none"> <li>• ¼ to ½ cup rice or pasta</li> <li>• 1 slice bread</li> <li>• ½ hamburger or hot dog bun</li> <li>• ¼ to ½ cup oatmeal or other cooked cereal</li> <li>• ¾ cup unsweetened cold cereal (less than 10 grams of sugar per serving)</li> <li>• 1 pancake or waffle</li> </ul> <p><i>Make half the servings whole grains.</i></p>



## Physical Activity Prescription for Preschoolers (Ages 2 to 5 years)

Your child needs exercise to grow up healthy. Active play will help him keep his heart, lungs and immune system healthy to fight off illness. Exercise also builds strong bones and muscles, and helps him develop balance and coordination. Exercise helps relieve stress and can be fun.

If kids are not active when they are young, they may have physical problems when they grow up. These problems can increase the risk of serious problems and low self-esteem.

### Types of activities

These types of activity provide different benefits, but it is important to do *all* three types. Not doing all three types is like trying to run a car without an engine.

#### Aerobic

(when your child has to breathe heavier)

- Promotes endurance and heart health
- Helps control weight
- Improves cardiovascular fitness
- Lowers blood pressure and cholesterol

#### Strengthening

- Strengthens bones and muscles
- Promotes stability for movement
- Reduces risk of injury

#### Balance and coordination

- Helps to move around more efficiently
- Improves awareness of body
- Promotes self-confidence

Just by keeping active, kids also will improve their flexibility. For examples of activities within each type, see the other side of this sheet.

### Amount of physical activity

*Target goal:* 1.5 - 2 hours of active play every day.

- Do not let your child sit for more than one hour without getting up and moving around (except when he is sleeping).
- Begin with easy goals to boost his confidence. For example, if your child is active for 30 minutes a day now, each week increase activity by 10 minutes.

### Tips for making physical activity fun

To help young children enjoy being physically active and make it a lifetime habit, let them choose the activity. It may take them time to find out what they like best. There are many choices to try and your child will find activities that are fun for them. Follow these tips to help keep your child motivated to move:

- Make sure the activity is age-appropriate.
- Involve the whole family.
- Take a class or join a team.
- Encourage free play with an activity to do alone or with a friend anytime.
- Use music during play.

## Examples of physical activities for preschoolers (Ages 2 to 5 years)

### **Aerobic**

#### *At home*

- Dancing
- Jumping jacks
- Playing red light, green light
- Galloping or skipping

### **Strengthening**

#### *At home*

- Pushing, pulling and carrying things like a laundry basket
- Jumping games such as leapfrog, or jumping over objects or tape on the floor
- Using small climbing and slide structures such as those by Little Tykes™ or Step2®
- Playing tug of war

### **Balance and coordination**

#### *At home*

- Crawling over and under objects such as pillows, tables and chairs in an obstacle course
- Doing the crab walk
- Imitation games such as standing on one leg, touching toes or raising arms in the air
- Walking up and down stairs instead of being carried

#### *Outside of home*

- Playing tag games
- Indoor play park centers
- Relay races
- Jumping and bouncing on large inflatable structures at play centers

#### *Outside of home*

- Climbing equipment at the playground
- Pedaling a tricycle or bicycle
- Swimming
- Karate

#### *Outside of home*

- Walking at the mall instead of using a stroller
- Ice skating
- Playing hopscotch
- Gymnastics

## Dietary Prescription for Children

(Ages 6 to 11 years)

Use this guide to keep track of the amount of food your child needs a day for each food group. To learn about serving sizes, use measuring cups for a few weeks.

Food group	Number of servings needed a day	Examples of serving sizes
Fruits	3 to 4 servings (include source of vitamin C)	<ul style="list-style-type: none"> <li>• 1 small fruit or 1 cup fresh fruit</li> <li>• ½ cup unsweetened canned fruit</li> <li>• ¼ cup dried fruit</li> </ul>
Vegetables	3 to 4 servings	<ul style="list-style-type: none"> <li>• ½ cup cooked vegetables</li> <li>• 1 cup salad or raw vegetables</li> </ul> <p><i>Limit vegetables higher in calories, such as corn, peas and potatoes, to 1 serving a day.</i></p>
Dairy	3 servings	<ul style="list-style-type: none"> <li>• 1 cup skim or 1% milk</li> <li>• 1 ounce cheese</li> <li>• 1 string cheese stick</li> <li>• ¼ cup shredded cheese</li> <li>• 6 to 8 ounces yogurt</li> <li>• ½ cup pudding</li> </ul>
Proteins	Varies depending on serving size: 5 to 6 ounces total	<ul style="list-style-type: none"> <li>• 3-ounce portion of lean beef, pork, chicken, turkey or fish is about the size of a deck of cards</li> <li>• 1 ounce of protein equals: <ul style="list-style-type: none"> <li>* ¼ cup cooked dried beans, ground meat, tuna, egg substitute or egg whites</li> <li>* 1 egg</li> <li>* 2 tablespoons peanut butter</li> </ul> </li> </ul>
Grains	6 servings	<ul style="list-style-type: none"> <li>• ½ cup rice or pasta</li> <li>• 1 slice bread</li> <li>• ½ hamburger or hot dog bun</li> <li>• ½ cup oatmeal or other cooked cereal</li> <li>• 1 cup unsweetened cold cereal (less than 10 grams of sugar per serving)</li> <li>• 1 pancake or waffle</li> </ul> <p><i>Make at least half of the servings from whole grains.</i></p>

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## Physical Activity Prescription for Children (Ages 6 to 11 years)

Your child needs exercise to grow up healthy. Active play will help him keep his heart, lungs and immune system healthy to fight off illness. Exercise also builds strong bones and muscles, and helps him develop balance and coordination. Exercise helps relieve stress and can be fun.

If kids are not active when they are young, they may have physical problems when they grow up. These problems can increase the risk of serious problems and low self-esteem.

### Types of activities

These types of activity provide different benefits, but it is important to do *all* three types. Not doing all three types is like trying to run a car without an engine.

#### Aerobic

(when your child has to breathe heavier)

- Promotes endurance and heart health
- Helps control weight
- Improves cardiovascular fitness
- Lowers blood pressure and cholesterol

#### Strengthening

- Strengthens bones and muscles
- Promotes stability for movement
- Reduces risk of injury

#### Balance and coordination

- Helps to move around more efficiently
- Improves awareness of body
- Promotes self-confidence

Just by keeping active, kids also will improve their flexibility. For examples of activities within each type, see the other side of this sheet.

### Amount of physical activity

*Target goal:* One hour six to seven days a week.

- Avoid sitting for more than two hours without getting up and moving around.
- Begin with goals that are easy to achieve and boost confidence with the success. For example, if your child is active for 30 minutes a day now, each week increase activity by 10 minutes.

### Tips for making physical activity fun

To help children enjoy being physically active and make it a lifetime habit, let them choose the activity. It may take them time to find what they like and will keep at. But there are many choices to try and they will discover activities that are fun for them. Follow these tips to help keep your child motivated to move:

- Make sure the activity is age-appropriate.
- Involve the whole family.
- Take a class or join a team
- Encourage free play with an activity to do alone or with a friend anytime.
- Keep a variety of equipment available, such as bikes and balls.
- Incorporate music into the activity

## Examples of physical activities for children (Ages 6 to 11 years)

### **Aerobic**

#### *At home*

- Dancing
- Jumping jacks
- Walking up and down stairs
- Galloping or skipping
- Tennis, bowling and other sports video games such as Nintendo, Wii

#### *Outside of home*

- Swimming, playing in the water
- Playing sand tag on park equipment
- Playing soccer
- Skiing
- Scooters
- Obstacle courses for bikes

### **Strengthening**

#### *At home*

- Doing yoga
- Doing pull ups on a chin bar
- Carrying grocery bags in from the car
- Pulling the garbage cans out to the curb for pick up

#### *Outside of home*

- Biking
- Shooting baskets
- Playing catch
- Trampoline

### **Balance and coordination**

#### *At home*

- Doing the crab walk
- Standing on one leg
- Hula hoop
- Trampoline
- Hopscotch
- Pogo Stick
- Dance video games such as Dance Dance Revolution®

#### *Outside of home*

- Playing hopscotch
- Jump rope games and tricks
- Skateboarding
- Inline skating
- Tennis
- Ice skating

## Dietary Prescription for Teens

(Ages 12 to 17 years)

Use this guide to keep track of the amount of food your teen needs a day for each food group. To learn about serving sizes, use measuring cups for a few weeks.

Food group	Number of servings needed a day	Examples of serving sizes
Fruits	3 to 4 servings (include source of vitamin C)	<ul style="list-style-type: none"> <li>• 1 small fruit or 1 cup fresh fruit</li> <li>• ½ cup unsweetened canned fruit</li> <li>• ¼ cup dried fruit</li> </ul>
Vegetables	3 to 4 servings	<ul style="list-style-type: none"> <li>• ½ cup cooked vegetables</li> <li>• 1 cup salad or raw vegetables</li> </ul> <p><i>Limit vegetables higher in calories, such as corn, peas and potatoes, to 1 serving a day.</i></p>
Dairy	3 to 4 servings	<ul style="list-style-type: none"> <li>• 1 cup skim or 1% milk</li> <li>• 1 ounce cheese</li> <li>• 1 string cheese stick</li> <li>• ¼ cup shredded cheese</li> <li>• 6 to 8 ounces yogurt</li> </ul>
Proteins	Varies depending on serving size: 5 to 6 ounces total	<ul style="list-style-type: none"> <li>• 3-ounce portion of lean beef, pork, chicken, turkey or fish is about the size of a deck of cards</li> <li>• 1 ounce of protein equals: <ul style="list-style-type: none"> <li>* ¼ cup cooked dried beans, ground meat, tuna, egg substitute or egg whites</li> <li>* 1 egg</li> <li>* 2 tablespoons peanut butter</li> </ul> </li> </ul>
Grains	6 servings	<ul style="list-style-type: none"> <li>• ½ cup rice or pasta</li> <li>• 1 slice bread</li> <li>• ½ hamburger or hot dog bun</li> <li>• ½ cup oatmeal or other cooked cereal</li> <li>• 1 cup unsweetened cold cereal (less than 10 grams of sugar per serving)</li> <li>• 1 pancake or waffle</li> </ul> <p><i>Make at least half of the servings from whole grains.</i></p>

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## Physical Activity Prescription for Teens (Ages 12 to 17 years)

Your child needs exercise to grow up healthy. Active play will help him keep his heart, lungs and immune system healthy to fight off illness. Exercise also builds strong bones and muscles, and helps him develop balance and coordination. Exercise helps relieve stress and can be fun.

If kids are not active when they are young, they may have physical problems when they grow up. These problems can increase the risk of serious problems and low self-esteem.

### Types of activities

These types of activity provide different benefits, but it is important to do *all* three types. Not doing all three types is like trying to run a car without an engine.

#### Aerobic

(when your child has to breathe heavier)

- Promotes endurance and heart health
- Helps control weight
- Improves cardiovascular fitness
- Lowers blood pressure and cholesterol

#### Strengthening

- Strengthens bones and muscles
- Promotes stability for movement
- Reduces risk of injury

#### Balance and coordination

- Helps to move around more efficiently
- Improves awareness of body
- Promotes self-confidence

Just by keeping active, kids also will improve their flexibility. For examples of activities within each type, see the other side of this sheet.

### Amount of physical activity

*Target goal:* One hour six to seven days a week. Raise heart rate for at least 20 consecutive minutes, four or more times a week.

- Avoid sitting for more than two hours without getting up and moving around.
- Begin with easy goals that boost confidence with the success. For example, if your child is active for 30 minutes a day now, each week increase activity by 10 minutes.

### Tips for making physical activity fun

To help children enjoy being physically active and make it a lifetime habit, let them choose the activity. It may take them time to find what they like and will keep at. But there are many choices to try and they will discover activities that are fun for them. Follow these tips to help keep your child motivated to move:

- Make sure the activity is age-appropriate.
- Involve the whole family.
- Incorporate music into the activity
- Take a class or join a team
- Encourage free play with an activity to do alone or with a friend anytime.
- Keep a variety of equipment available, such as bikes and balls.

## Examples of physical activities for teens (Ages 12 to 17 years)

### **Aerobic**

#### *At home*

- Jumprope
- Jumping jacks
- Walking up and down stairs
- Using a treadmill or elliptical exercise equipment
- Tennis, and other sports
- video games such as Nintendo, Wii

#### *Outside of home*

- Swimming
- Jogging
- Playing soccer
- Playing tennis
- Scooters

### **Strengthening**

#### *At home*

- Doing yoga
- Doing pull ups on a chin bar
- Using rubber exercise bands
- Using an inflatable exercise stability ball

#### *Outside of home*

- Lifting weights at a gym
- Taking a Pilates or yoga class
- Hiking
- Kickboxing

### **Balance and coordination**

#### *At home*

- Doing the crab walk
- Standing on one leg
- Trampoline
- Pogo stick
- Dance video games such as Dance Dance Revolution®

#### *Outside of home*

- Playing Ultimate Frisbee
- Skateboarding
- Inline skating
- Ice skating
- Jump rope games and tricks



## Stocking the Kitchen for Healthy Eating

### *Foods to remove, replace and add*

Healthy eating begins in your food cupboards, the refrigerator and freezer. Start by removing foods high in fat, and replacing them with healthier choices. Adding healthy foods will help your family regularly eat a well-balanced, nutritious diet. Here are some suggestions to help you stock your kitchen with healthy foods for daily meals and snacks. Have fun – try lots of new healthy foods.

	Remove	Replace with	Add something new
Food cupboard	<ul style="list-style-type: none"> <li>• High-fat crackers and chips</li> <li>• Sweets and pastries</li> <li>• Candy</li> <li>• Soda pop</li> <li>• Fruit drinks</li> <li>• Sweetened cereal</li> </ul>	<ul style="list-style-type: none"> <li>• Low-fat crackers (whole grain, graham, saltines)</li> <li>• Low-fat pretzels</li> <li>• Baked chips</li> <li>• Nuts</li> <li>• Dried fruit</li> <li>• Canned fruit (in own juice)</li> <li>• Crystal Light®</li> <li>• Oatmeal</li> <li>• Whole grain cereal</li> <li>• Low sugar cereal</li> </ul>	<ul style="list-style-type: none"> <li>• Whole grain pasta</li> <li>• Brown rice</li> <li>• Dried beans, peas</li> <li>• Flavored vinegars</li> <li>• Herbs, spices</li> </ul>
Refrigerator	<ul style="list-style-type: none"> <li>• Whole and chocolate milk</li> <li>• Regular mayonnaise</li> <li>• Regular salad dressings (Ranch)</li> <li>• Regular cream cheese</li> <li>• High-fat cheese</li> <li>• Bologna</li> <li>• Salami</li> </ul>	<ul style="list-style-type: none"> <li>• Skim or 1% milk</li> <li>• Light Mayonnaise</li> <li>• Light salad dressings</li> <li>• Light cream cheese</li> <li>• Reduced fat cheese (less than 3 grams of fat per ounce)</li> <li>• String cheese</li> <li>• Fat-free plain or flavored yogurt</li> <li>• Fat-free pudding</li> <li>• Low-fat deli meats</li> </ul>	<ul style="list-style-type: none"> <li>• Egg substitute or egg whites</li> <li>• Shredded Parmesan cheese</li> <li>• Lemons</li> <li>• Whole wheat tortillas</li> <li>• Salsa</li> </ul>
Freezer	<ul style="list-style-type: none"> <li>• Regular ice cream</li> <li>• Deep dish pizza</li> <li>• Fried chicken</li> <li>• Less than 85% lean ground beef</li> <li>• Frozen vegetables in Cheese, butter or cream sauce</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken breasts and cutlets</li> <li>• 85% or more lean ground beef</li> <li>• Thin crust cheese or vegetable pizza</li> <li>• Light ice cream</li> <li>• Fudgesicles</li> <li>• Frozen or steam-in-the-bag vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Frozen fruit</li> <li>• Unbreaded fish fillets</li> <li>• Frozen fruit bars</li> </ul>