



It's time for my annual PEDI VISIT

Ask your pediatrician where your child's BMI percentile falls _____ ?



Under Weight <5%

Normal Weight 5 to 84%

At risk for Overweight 85 to 94%

Overweight >95%

BMI-Percentile-for-age

Body Mass Index (BMI) is a number calculated from a child's weight and height. The BMI number is plotted on the CDC BMI-for-age growth charts to obtain a percentile ranking. BMI is a screening tool. Based on the BMI percentage, your Doctor will discuss if any further information is needed. If your child is considered under or overweight, you may also want to see a Registered Dietitian.



Review Diet

- Milk/Calcium Intake
- LowFat vs NonFat
- Fast Food intake
- Vegetables/Fruit
- Fiber (whole grains)
- Activity Level

Other Areas to Discuss

- School Readiness
- Safety: Water/Seat belts/Bicycle
- Poison/Matches Firearms
- Hours per day in front of TV/video
- Social interactions with other children
- Stranger Precaution

The annual visit represents a wonderful opportunity to discuss your child's health and growth status. Help your child find the foods they can enjoy from all the food groups. Activity and a balanced diet is the best way to prevent weight concerns.

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