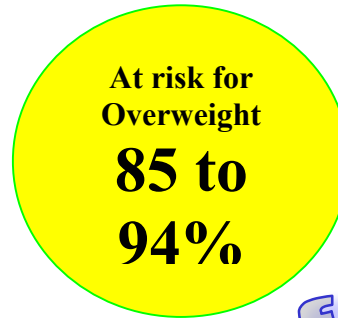
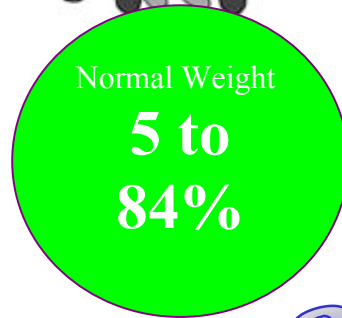
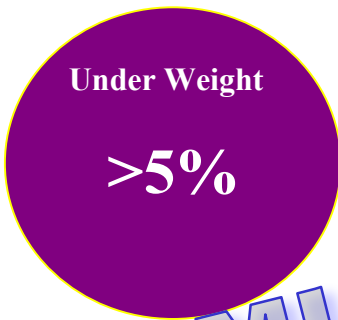


10 to 12 years



It's time for my
annual
Pedi Visit

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



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
- Balanced Diet
- Avoid/limit Junk Food
- Vegetables/Fruit
- Fiber (whole grains)
- Activity Level

Other Areas to Discuss

- Peer pressure
- Smoking/Alcohol/Drugs
- Gang violence & activities
- Limit TV/video games
- Safety: Bicycle/Swimming/Cars
- Discipline and Responsibility

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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