

Tips for parents to help prevent and address **childhood obesity**

What the Experts say



Children above 2 years

Eat 5 times a day

Children up to age 12 should eat at least 5 times per day, including a mid-morning & mid-afternoon snack

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Exercise

Exercise for at least 60 minutes a day and limit screen time, particularly during mealtimes

Regular family meals

At least 5 family meals per week and appropriate portion sizes are strongly encouraged to instil healthy eating patterns and behaviours

Healthy snacks

Minimise energy-dense snacks high in saturated fats and added sugars - particularly as a reward or to comfort - and encourage healthy alternatives

Mediterranean diet

Following the principles of the **Mediterranean diet** can help to maintain a healthy weight

Breakfast

Encourage your child to consume **breakfast every day**

Drink water

Avoid sugary drinks and encourage your child to drink water

