

Children and Excess Weight Gain: Simple Changes Help



More and More Children are Gaining an Unhealthy Amount of Weight



- Children who gain too much weight are more likely to have health problems when they get older.
- They are also more likely to be overweight as adults.

What's the Goal for Overweight Children?

- The goal is for overweight children to **slow down the rate of weight gain**.
- This gives their bodies a chance to catch up with their weight as they grow.
- Doctors want children to get to and maintain a healthy weight.

Two Simple Changes your Family can Make

A recent scientific study showed that families can slow the rate of weight gain in overweight children just by making two simple changes:

EVERY DAY:

1. **CUT 100 CALORIES FROM THE DAILY DIET (IN PART, BY USING SPLENDA® BRAND SWEETENER INSTEAD OF SUGAR)**
2. **ADD 2,000 STEPS**

Having the whole family involved is important to success.



Go to www.splenda.com and click on **A Child's Weight Matters** to find ideas, recipes and coupons for your family.

For quick ideas about cutting calories and adding steps, turn this sheet over.

Simple Ways to Cut 100 Calories

There's no need to go hungry! Following one or more of these simple changes in the choices you make at home, school and work can help you cut your calories by 100 each day.



Instead of...	Try...	Approximate Calories Saved
Cereal with 2 teaspoons sugar sprinkled on top	Cereal with one packet of SLENDA® No Calorie Sweetener sprinkled on top	28
Fruit-on-the-bottom yogurt (6 oz.)	Yogurt made with a no calorie sweetener such as SLENDA® Brand Sweetener	90
8 fluid ounces fresh-squeezed lemonade sweetened with sugar	8 fluid ounces fresh-squeezed lemonade sweetened with SLENDA® No Calorie Sweetener*	84
12-ounce regular cola	12-ounce no-calorie cola sweetened with SLENDA® Brand Sweetener	140
1 chocolate chip cookie	1 chocolate chip cookie baked with SLENDA® No Calorie Sweetener*	23

***For more ideas on cutting calories and adding steps, plus recipes and coupons for SLENDA® Sweetener Products, go to www.splenda.com and click on A Child's Weight Matters.**



Simple Ways to Add 2,000 Steps

Two thousand steps is about 1 mile, or about 15-20 minutes of walking. Here are some fun ways you can encourage your children to get their 2,000 extra steps—and you can join in too!

Instead of having children...	Try having them...
Sit while watching TV	Move during every commercial. Do jumping jacks, use a hula hoop, or make up a dance
Play computer games after school	Shoot hoops or ride bikes or scooters with other kids in the neighborhood; help out around the house
Watch a regular video	Do a jazzercise or hip-hop video or DVD with friends or family
Ask to be driven everywhere	When possible, walk, bike, rollerblade or skateboard to where they want to go
Spend time with friends just "sitting around"	Go hiking. Play active games you can find at the dollar store; try big bubble wands, jump ropes, hopscotch or Frisbee disc**

SLENDA® Brand Sweetener can be used safely by the whole family, including children, women who are pregnant or nursing and people with diabetes.



America On the Move® Family Study developed at the University of Colorado at Denver and Health Sciences Center by Dr. James Hill, co-founder of America On the Move®, with support from McNeil Nutritionals, LLC.