

A Healthy Weight for My Child!



WHY DOES WIC MONITOR GROWTH?

The WIC Program plays an important role in helping reduce obesity risks. WIC wants to help parents and caregivers understand what is considered a healthy weight for those enrolled in the WIC Program.

WHAT DO THE PERCENTILES MEAN?

WIC uses the Body Mass Index (BMI) charts created by The Center for Disease Control. This chart takes into account your child's height and weight and compares it to other children their age. If your child falls in the 90th percentile for BMI, this means that his/her BMI is greater than the BMI of 89 percent of kids that are the same age and sex.

SHOULD I BE CONCERNED ABOUT MY CHILD'S BMI?

When BMI is in a healthy range, some of the following risks are decreased:

- Joint pain
- Breathing problems
- Diabetes
- High blood pressure
- High cholesterol
- Decreased immune system
- Stunted growth

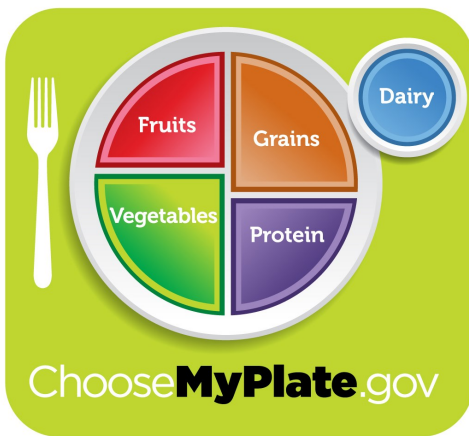
	BMI Percentile
Low Weight for Height	<5th
Healthy Weight	5th—84th
High Weight for Height	85th or greater
My Child's BMI today:	

WHAT CAN I DO TO HELP MY CHILD MAINTAIN A HEALTHY WEIGHT?

There are many things that you can do to help your child grow at a healthy rate. Speak with your medical provider or one of the registered dietitians at WIC if you are concerned about your child's growth. The back of this handout also has some helpful tips.

HELP YOUR CHILD DEVELOP HEALTHY HABITS:

- Help your child be active by encouraging them to play indoor or outdoor games requiring movement like dancing, jumping, or running for at least 1 hour per day. Limiting TV and screen time to 1 hour/day can also help your child be active.
- Instead of using food as a reward, try playing a game, going to the park, or reading a book as an incentive.
- Wean your child from the bottle or sippy cup.
- Offer water. If you do offer juice, dilute it with water.
- Limit dairy to 2 cups (16 ounces total) per day.
- Reduce fat intake by cutting back on gravy, sauces, and dips as well as butter and margarine.



OFFER MORE OF THESE: AND LESS OF THESE!

- | OFFER MORE OF THESE: | AND LESS OF THESE! |
|--|---|
| <ul style="list-style-type: none">• Vegetables• Fruit• Whole grains• Nuts & seeds• Lean meats• Fat-free & low-fat dairy• Water | <ul style="list-style-type: none">• Sugary drinks (including juice)• Fruit snacks• Chips• Crackers• Cookies• Candy• Refined grains (white flour, rice, and pasta) |

REMEMBER TO WATCH PORTION SIZES:

Even foods that are **healthy** can add unnecessary calories to your child's diet if he/she is eating too much.



Number of Calories your child gets from drinking 1 cup of 100% juice:

- **1 cup juice = 113 calories**



Number of Calories your child gets by drinking 2 cups of 100% juice:

- **2 cups of juice = 226 calories**



Number of extra calories your child gets per year by drinking 2 cups of juice instead of 1 cup per day:

- **41,245 calories!**