

AMA Recommendations to Prevent Childhood Obesity—2007

- 1 Breastfeed
- 2 Limit sugar-sweetened beverages
- 3 Avoid excessive fruit juice
- 4 Balance fat, carbohydrates, and protein
- 5 Consume recommended vegetables and fruits (5 a day minimum)
- 6 Consume a diet rich in calcium (dark, leafy green vegetables)
- 7 Eat breakfast every morning
- 8 Limit fast food
- 9 Use appropriate portion size
- 10 Avoid restrictive eating practices
- 11 Eat meals together as a family
- 12 Limit television and screen time
- 13 Keep television sets out of children's bedrooms
- 14 Encourage moderately vigorous physical activity of 60 or more minutes a day

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