

Did you know?

- Calorie free = fewer than 5 calories
- Light (lite) = 1/3 less calories than more than 1/2 the amount of the calorie version.
- Fat Free = less than .5 grams of fat per serving
- Reduced / less fat = at least 25% less fat per serving than higher fat version.

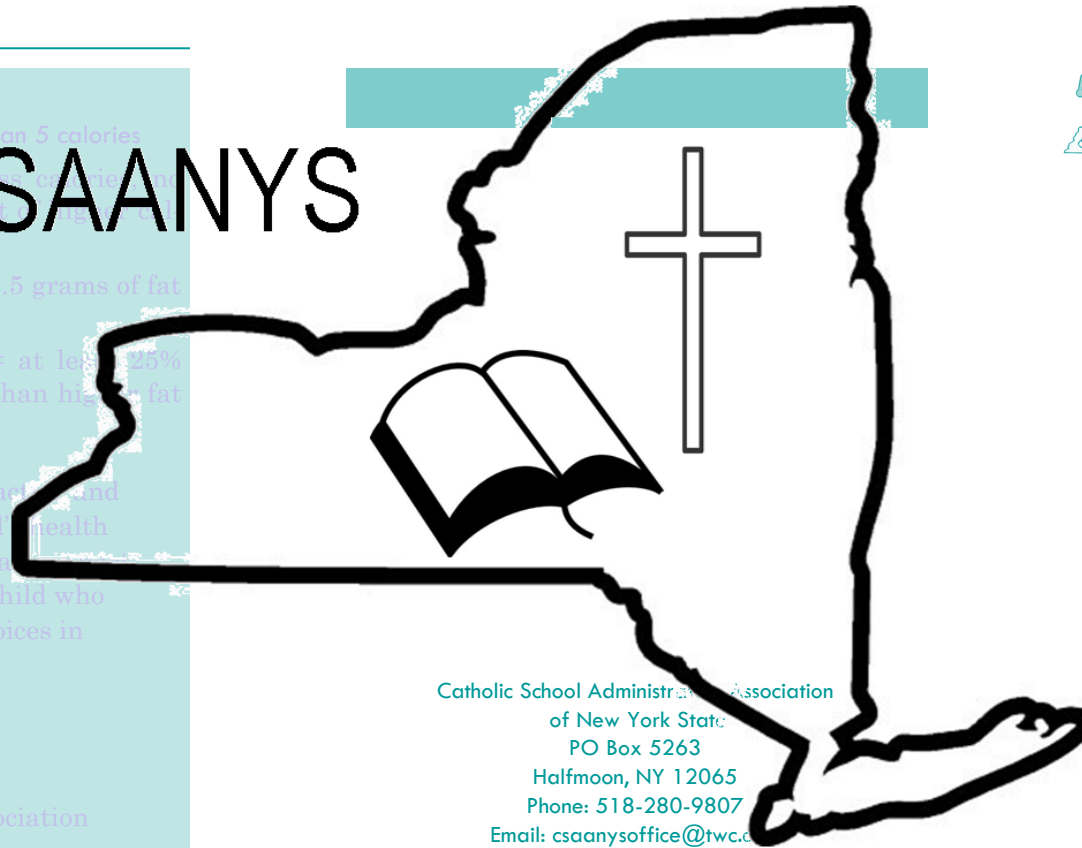
10. **Stay Involved** - Be active and involved in your child's health and wellness. Be an active role model and you will raise a child who can make healthy choices in their adult life.

Resources

- American Heart Association
- Pediatric Dietary Guidelines - Recommendations for Individuals 2 years and Older
- Living Healthy - A guide to Achieving a Healthy Lifestyle by Karen Besterman - Dahan, clinical research dietician at Moffitt Cancer Center.
- Eat This, Not That for Kids by David Zinczenko with Matt Goulding
- Ellen Hayes, PNP



CSAANYS



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“Adopting a Healthy Lifestyle is the most cost effective and practical way to prevent heart disease in adults.”

Dr. Kam S.

Woo

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 Revised 2017