



## Dietary Principles of Obese Child and Adolescent 肥胖兒童及青少年飲食原則(英文)

### Goal:

To mildly control obese children's body weight in order to reduce the incidence of chronic diseases.

### Object:

1. Obese children
2. Obese adolescent

### Determine the indicators of childhood obesity:

1. How to determine whether the child is obese, use "weight-high-index" :

Weight- height index =

Weight (kg) ÷ height (cm) ÷ weight- height constant

2. Weight-High index will not only determine whether the child is obese, it tells the degree of obesity as well.

The greater their weight-height index value, the more severe the obesity condition. (Please refer to Table 1, Table 2).

### General principles:

1. Because children are at the state of growing, do not overly restrict their calorie intake, so their growing development is not impeded. Work with the dietitian to reach weight control.
2. Avoid their intake of high sugar, high calorie, and high fat, have them eat balanced nutrition from the 6 main food category and add diversification in the diet.

3. Provide your child with prosperous breakfast because good breakfast could stop hunger which help control their craving for food; provide light meals to prevent accumulation of fat and calorie.
4. Make use of steaming, boiling, stewing, baking, and roasting methods; and make good use of low stimulating seasonings like pepper, star anise, five-spice, tomato paste, onion, and garlic to increase taste and flavor.
5. When eating stewed soup, put it in the fridge first and eliminate the top-layer fat before heat it again in order to reduce fat intake.
6. Avoid buying food like cake, sugar and potato chips providing merely calorie; and have them take the western-styled pastry as snacks. When it is impossible to turn down your child, try not to buy cheese hamburger, sausage, or bacons. Give them small size drinks and do bear this in mind: apple pie and French fries contain higher calorie than hamburger; therefore, take all of the food off the list you provide to your child.
7. Have them eat three meals a day with fixed amount and schedule. Do not give them and snacks or junk food like candy, chocolate, cookie, and cakes. Try not to give them food containing much fat like fat meat, butter, peanuts, walnuts, and melonseeds.
8. Have them eat fiber rich food with big quantity and low calorie like soup or vegetables to increase their sense of fullness.
9. Do not store too much junk food in the house or allow your children to eat and watch TV at the same time.
10. When dining out, opt for light foods and avoid taking too much food at a time. When feeling thirsty, encourage your child to drink more tap-water, less coke and soft drinks.
11. To eliminate extra calorie, have your children work-out regularly in order to meet the optimal weight loss effect. Have your children walk and climb stairs more often; go swimming and play balls in order to develop their regular exercise routine.
12. Parents should work with teachers from school to encourage children and give confidence in weight loss control because exercise and curbed diet are hard to maintain.
13. Do for intrinsic motivation like buying new books, new toys, or ball games; instead, have them consume less sugary products or change or stick to their eating habits.
14. Proper weight control help prevent chronic diseases like diabetes, hypertension, cardiovascular disease, joint disease, and cancer.

**Table 1. Rely heavily on high-index to assess obesity guidelines**

Emphasis on high-index	Weight status

<0.80	Thin
0.80 - 0.89	Too light
0.90 - 1.09	normal
1.10 - 1.19	overweight
$\geq 1.20$	obesity
$\geq 1.40$	Moderate obesity
$\geq 1.60$	Serious obesity

**Table 2. People's weight-constant**

age ( year )	People's weight-constant	
	male	Female
3	0.156	0.157
4	0.168	0.163
5	0.177	0.174
6	0.191	0.186
7	0.205	0.198
8	0.219	0.213
9	0.241	0.227
10	0.254	0.245

11	0.278	0.267
12	0.293	0.291
13	0.316	0.310
14	0.335	0.318
15	0.351	0.329
16	0.365	0.327
17	0.368	0.327
18	0.374	0.331
<p>Weight-high-constants: a national nutrition survey in anthropometric height and weight percentile value of 50  Source: Taiwan, children and adolescents 3-18 years of age  the weight-constant (1998 revision)</p>		

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若有任何疑問，請不吝與我們聯絡  
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