



SuperSized Kids

HOW TO RESCUE YOUR CHILD FROM THE OBESITY THREAT

50 Ways to SuperSize Your Kids

- #1 – Believe that your child's SuperSize status is normal.
- #2 – SuperSize their portions.
- #3 – Let your kids eat frequently at fast-food restaurants.
- #4 – Give your kids lots of soft drinks.
- #5 – Don't become your child's healthcare quarterback.
- #6 – Consider your kid's SuperSized status their problem and not a family problem.
- #7 – Fail to teach your kids good eating habits, especially when they are young.
- #8 – Rarely eat together as a family.
- #9 – Make impulsive decisions (or, let your kids talk you into impulsive decisions) while grocery-shopping.
- #10 – Don't involve your entire family in fun physical activity.
- #11 – Let family or friends become diet saboteurs for your kids.
- #12 – Keep your TV on during meals.
- #13 – Let your children or teens sleep less than nine hours per night.
- #14 – Let your kids have caffeinated drinks, cocoa or chocolate after 3 p.m.
- #15 – Let your kids go to bed as late as they want to. And let them watch TV right until they go to bed.
- #16 – Allow your kids to watch all the TV they want.
- #17 – Permit your kids to eat or snack in front of the TV or keep the TV on during mealtime.
- #18 – Give your child unrestricted TV and Internet access in his or her bedroom.
- #19 – Allow your kids to play video games as much as they want to.
- #20 – Never exercise with your kids.
- #21 – Get some Elmer's and glue your kids to the couch.
- #22 – Ignore fruits and vegetables in your children's diet.
- #23 – Be sure your children get protein sources chock full of saturated fats, or that are fatty or fried.
- #24 – Feed your kids plenty of highly processed, sugar-laden food.
- #25 – Give your kids several servings each day of highly refined starches, such as white rice, white bread, potatoes without the skin, pasta and baked goods.
- #26 – Have your kids drink more soda than nonfat milk.
- #27 – Insist that your kids eat or drink full-fat dairy products.
- #28 – Give your kids snacks loaded with saturated and trans fats.
- #29 – Choose fruit drinks over 100 percent fruit juice for your child.
- #30 – Encourage your kids to drink anything but water.
- #31 – Feed your kids lots of fried foods.
- #32 – Use food as a reward for good behavior.
- #33 – Make sure that your kids eat junk food every day.
- #34 – Don't bother to learn the appropriate portion sizes for your child's age.
- #35 – Let your child skip breakfast most days.
- #36 – Buy your kids high-sugar, low-fiber, highly-processed cereal and soak it with whole milk.
- #37 – Don't bother with family meals; let everyone eat when they want.
- #38 – Serve food to your children on large plates and then make them eat every bite.
- #39 – Ban healthy snacks from your home.
- #40 – Never plan ahead for your children's snacks.
- #41 – Put your child on a diet.
- #42 – Train your kids to eat as quickly as possible.
- #43 – Support all moves to cut recess and physical education from your child's school.
- #44 – Encourage your child's school to ignore healthy nutritional and activity habits.
- #45 – Lobby your child's school to operate plenty of vending machines, stocked with plenty of unhealthy foods and drinks.
- #46 – Refuse to get informed about the nutritional and activity environment of your child's school.
- #47 – Never volunteer or help out at your child's school.
- #48 – Even if it's geographically possible, don't walk your children to school or let them walk to school.
- #49 – Neglect good nutrition and physical activity where you work.
- #50 – Believe that you can't make a difference when it comes to your child's health.

Copyright © 2005 by Walt Larimore and Sherri Flynt. All rights reserved. Center Street/Time Warner Book Group.

Planned Television Arts - Publicity Manager
Sharon Farnell, Phone: (212) 593-6337, Email: farnells@plannedtvarts.com
Center Street / Time Warner Book Group - Media Relations
Jana Burson, Phone: (615) 221-0996 x224, Email: Jana.Burson@twbg.com

Florida Hospital - Media Relations
Phone: (407) 303-8217, Email: fh.media.team@flhosp.org