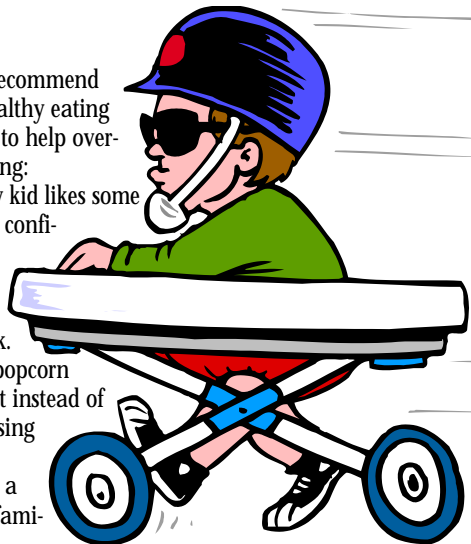


By The Associated Press

Many pediatricians and parents are reluctant to recommend weight loss for kids for fear it could encourage unhealthy eating habits—and an unhealthy body image. Here's how to help overweight kids to get leaner—without too much nagging:

- Encourage fun exercise. Even the most sedentary kid likes some sport or physical activity. Help them build skills and confidence so they want to do it regularly.
- Trim liquid calories. Substituting water or flavored, no-sugaradded seltzer for four cans of soda a day will save 600 calories—or 4,200 calories a week.
- Find tasty alternatives. Stock lots of air-popped popcorn instead of nacho chips. Serve frozen yogurt with fruit instead of a chocolate sundae. Try to get kids involved in choosing tasty alternatives to the high-fat stuff.
- Organize "healthy cooking night." At least once a week, involve your kids in planning and cooking a family dinner that emphasizes healthy food choices.



Baby fat facts

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