

TIPS FOR KIDS

WITH TYPE 2 DIABETES



Stay at a Healthy Weight



Why is staying at a healthy weight good for kids?

A healthy weight means you are not too fat or too thin. Your doctor may have said that you should not gain more weight or that you need to lose a few pounds. If you have diabetes and are overweight, you are not alone.

The steps you take to manage your weight will help you feel better and may improve your blood sugar or glucose (GLOO-kos) levels. Staying at a healthy weight when you are young can help you manage your weight for life. It also can help prevent problems like heart disease and high blood pressure.

How can you get to a healthy weight?

If you want to lose some weight or stay at the weight you are right now, **you need to eat fewer calories each day and be more active.** Here are some ways to succeed.

1. Be active almost every day for 30 to 60 minutes to burn up extra calories and get fit. Play tag or go for a bike ride instead of playing computer games. Ask a friend or family member to join you on a walk instead of watching TV.

2. Cut some calories. The number of calories in a food shows how much energy you can get from it. To lose weight, you need to eat about 200 to 300 calories less than usual each day.

Here are some simple ways to cut calories:

- ★ Drink water instead of a big glass of juice or regular soda pop. You can cut about 150 calories!
- ★ Eat a small serving of french fries instead of a big one—and cut about 250 calories!
- ★ Eat a piece of fruit instead of a candy bar. You will cut about 200 calories!

