

# Pediatric and Adolescent Medicine

(818) 461-9690

## dr.mouradian's general recommendations for staying HEALTHY

- \*no more than 2 hours of TV, videogames, ipad/tablet or computer a day
- \*at least 30-60 minutes of exercise everyday where you get out of breath
- \*no more than 1 (8-ounce) glass of a sugary drink a day (including juice, Gatorade, iced tea, shakes, smoothies, Jamba Juice)
- \*No SODA, recent finding suggest the phosphates in soda leech calcium from the bones and make them weak
- \*5 fresh fruits and vegetables a day
- \*4 (4 ounce) servings of full fat organic dairy a day (milk, cheese, or yogurt)
- \*maximum of milk itself: no more than 20 ounces in 24 hours
- \*Whole Grains/Dietary Fiber- 10-20 grams every day, (ages 3-5 need approx. 10grams/day)  
(ages 6-8 need approx. 13grams/day)  
(ages 10-12 need approx. 17grams/day)  
(ages 13-15 need approx. 20grams/day)  
(ages16-adult need approx.25grams/day)
- \*brush your teeth at least 2 times a day, go to the dentist 2 times a year for cleaning
- \*helmet with any type of skateboarding, scooters, bicycles, roller-blading, etc.
- \*seatbelt in the car always (under 2 years and 30lbs – car seat backwards)  
(under 4 years and 40lbs – 5-point harness car seat)  
\*\*under 57 inches or 4ft 9inches – booster seat  
(all kids under 13 – backseat with seatbelts)
- \*don't forget to apply and re-apply sunscreen every 2 hours when in the sun (visit [ECW.org/sunscreen/](http://ECW.org/sunscreen/) for safe and effective sunscreen list)
- \*Poison Control # for any ingestions or overdoses: 1-800-222-1222
- \*for more detailed nutritional information visit [choosemyplate.gov/](http://choosemyplate.gov/) for portion size questions visit [cdc.gov/healthyweight/healthy\\_eating/portion-size.html](http://cdc.gov/healthyweight/healthy_eating/portion-size.html)
- \*for more general recommendations from the American Academy of Pediatrics (AAP) visit [healthychildren.org](http://healthychildren.org) or for other links visit [drkarinemouradianpediatrician.com](http://drkarinemouradianpediatrician.com) or @Dr\_KarineMouradian