

dr.mouradian's general recommendations for staying HEALTHY

- *no more than 2 hours of TV, videogames, ipad 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)
- *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)
(ages 16/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
- ***Poison Control #** for any ingestions or overdoses: **1-800-222-1222**
- *for more detailed nutritional information visit choosemyplate.gov/ for **portion size questions** visit cdc.gov/healthyweight/healthy_eating/portion-size.html
- *for more general recommendations from the American Academy of Pediatrics (AAP) visit healthychildren.org or for other links visit drkarinemouradianpediatrician.com