Achieving a Healthy Weight in Children

Contents of Medical Nutrition Therapy Packet:

Referral Information

MNT resources in Pitt County
- with fee division
- without fee division

Clinical Tools

MNT protocol overview
Expected outcomes of MNT
Clinical assessment grid sheet (for initial measurement and goals)
MNT protocol, divided by sessions
Detailed list for initial assessment/Additional Resources
Estimated Calorie Needs (by Age, Gender, Activity Level) – 2005 Dietary Needs for Americans
Pediatric Obesity Prevention and Treatment Algorithm
Assessment, Prevention, and Treatment Guide for Clinicians
5-3-2-1-Almost None Prescription for Health
Color-Coded CDC Growth Charts (body mass index-for-age)
Blood Pressure Charts for age and gender
90th Percentile Waist Circumference for Boys and Girls
Food Diary
Hunger Scale
MyFITPyramid
Medical Nutrition Therapy Service Components (Highlighted: Necessary Medicaid Components)
SCOFF Questionnaire/Screening Questions for Eating Disorders

Patient Education Materials*
*F/B indicates handouts are double-sided.

10 Tips for Families
Stoplight Food Guide (3 pages F/B)
Stoplight Food Guide in Spanish
MyPyramid Kids
Phrases that Help and Hinder
What Does a Serving Size Look Like?
Plate Method
Daily Servings and Portion Sizes for
Preschool-aged Child (F/B)
Parents and Guardians as Role models (F/B)
Think Before You Drink! (F/B)
Fruits & Veggies (F/B)
Breakfast
Eat Smart Lunches (F/B)
Healthy Out (F/B)
Activity Guidelines 2009
MyActivity Pyramid 2009
Rainy Day Activities
Create a Healthy Snack (F/B)
Calcium (F/B)
Together…Let’s Try New Foods!
Ideas for Helping Your Child Try New Foods
Tasty Cooking
Recipes (2 pages, F/B)
How to Read a Nutrition Facts Label (F/B)
Eating Healthy on a Budget (2 pages, F/B)
Eating for Heart Health
Omega 3 Fatty Acids and Flax Seed
DASH Diet for Kids- Sample Menus (F/B)
Ways to Lower Your Blood Cholesterol/ Lower Calorie, Lower Fat Alternatives
Fiber- Part of a Healthy Eating Plan
Healthy Guidelines for Weight Management
Food Diary/Hunger Scale
My FIT! Pyramid
What is BMI?
What is Cholesterol?
What is High Blood Glucose?
What is High Blood Pressure?