

Preventive Measures For Obesity In Teens



Try making healthy food and lifestyle changes for the entire family to motivate your teen.

Ensure your child indulges in enough physical activity and exercise.



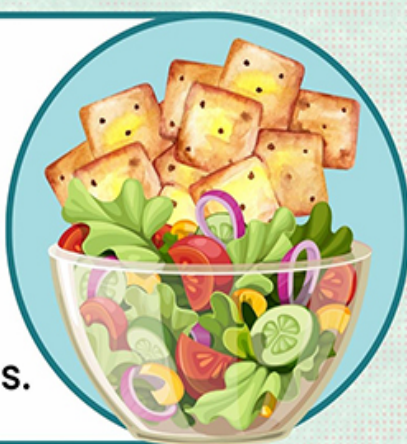
Include whole grains such as oats, quinoa, and brown rice in the diet in place of refined ones.

Include more fresh fruits and vegetables and avoid processed foods high in fat and sugars.



Replace fruit juices and fizzy drinks with low-fat milk, fresh coconut water, lemonade, and ginger ale prepared at home.

Keep healthy snacks such as salads in the refrigerator and air-popped popcorn, and multigrain crackers or granola bars over the kitchen counter for easy access.



Ensure your child gets adequate sleep and has a proper sleep routine.