

**TOO MUCH, TOO SOON**  
INDIANA'S EPIDEMIC OF OVERWEIGHT CHILDREN

# WHAT YOU SHOULD KNOW

2/6/06 p AS  
Indianapolis Star

**QUICK TIPS**  
**A LITTLE PLANNING PAYS OFF**

**Make a routine meal healthy:**

Make a schedule of meals and plan ahead so you have a variety of dinners that work. Cut up veggies in advance or, if you can afford to, buy them already cut up at your local supermarket.

**Make sure your kids are more than just diners:**

Encourage your children to get involved with the cooking process. They can help choose recipes for the week to come, which will give you a chance to teach them about nutrition.

Depending on how mature and dexterous they are, assign them a task, such as cleaning or chopping the vegetables. As they age, ask them to pitch in with the cooking and use that as a lesson about nutrition.

**Stretch healthy dining dollars:**

When you cook stews or soups, double the recipe. Then freeze half, and you'll have a ready meal to defrost some time later.

**WHERE TO LEARN MORE**



**ONLINE**

◆ Type in your food choices and physical activity to see whether they meet government recommendations at [www.mypyramidtracker.gov/](http://www.mypyramidtracker.gov/).

◆ Find ways to improve nutrition and exercise for the entire family at [www.eatright.org/oda/files/wellpoint\(1\).pdf](http://www.eatright.org/oda/files/wellpoint(1).pdf).

**BOOKS**

◆ "Get a Healthy Weight for Your Child: A Parent's Guide to Better Eating and Exercise," by Dr. Brian W. McCrindle and James G. Wengle (Robert Ross, 2005).

◆ "Fat-Proof Your Child," by Joseph C. Piscatella (Plastic Comb, 1997).

◆ "The Portion Teller: SmartSize Your Way to Permanent Weight Loss," by Lisa R. Young (Morgan Road Books, 2005).

◆ "KidShape Cafe: Over 150 Delicious, Kid-Tested Recipes that Will Help Your Entire Family," by Dr. Naomi Neufeld, Sara J. Henry and David Lawrence (Rutledge Hill Press, 2005).

**SPECIAL REPORT**

**SUNDAY** — How severe is the problem of overweight children in Indiana? The Star looks at today's generation of overweight kids. Go to [IndyStar.com/childhealth](http://IndyStar.com/childhealth) for Sunday's story.

**TODAY** — How did we get this way? For a number of

**SUPERSIZING OUR APPETITES?**

The average sizes of many food portions have increased substantially since the 1960s.

**A FEW PORTION SIZES AMERICANS HAVE GROWN ACCUSTOMED TO:**

Food within the dotted box shows approximately the largest portion sizes available in 1960.

**FRENCH FRIES: 2.4 ounces was the only size offered at McDonald's in the 1960s.**



**SMALL, 2.6 oz.**  
Calories: 230

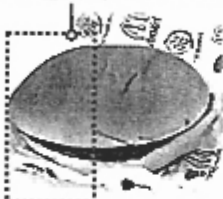


**MEDIUM, 4 oz.**  
Calories: 350



**LARGE, 6 oz.**  
Calories: 520

**CHEESEBURGER: 1.5 ounces, the weight of a hamburger at McDonald's in the 1960s.**



**HAMBURGER, 3.7 oz.**  
Calories: 260



**DOUBLE CHEESEBURGER, 6.1 oz.**  
Calories: 460



**QUARTER POUNDER WITH CHEESE, 7 oz.**  
Calories: 510

**COCA-COLA: 6.5 ounces, the original size Coca-Cola available in the 1960s.**



**8 fl. oz.**  
Calories: 97  
Servings: 1



**12 fl. oz.**  
Calories: 146  
Servings: 1.5



**20 fl. oz.**  
Calories: 243  
Servings: 2.5

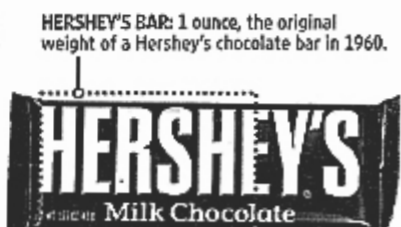


**1 LITER (33.8 fl. oz.)**  
Calories: 410  
Servings: 4.2



**POTATO CHIPS: 1 ounce, the serving size for potato chips in 1960.**

**2.5 oz. GRAB BAG, POTATO CHIPS**  
Calories: 400, Servings: 2.5



**HERSHEY'S BAR: 1 ounce, the original weight of a Hershey's chocolate bar in 1960.**

**1.55 oz. CHOCOLATE CANDY**  
Calories: 230  
Servings: 1

Sources: "The Portion Teller" by Lisa R. Young, Ph.D., R.D., U.S. Department of Agriculture; various food product packaging/nutrition labels