



Children and Extra Weight Gain

Simple Changes May Help

Too Many Children are Gaining an Unhealthy Amount of Weight*

- Children who gain too much weight are more likely to have health problems.
- Overweight children are more likely to be overweight adults.

What's the Goal for Overweight Children?

- The goal is to slow down the rate of weight gain.
- This gives their bodies a chance to grow into a healthier weight as they get taller.
- Doctors want children to reach and maintain a healthy weight.

Two Simple Changes your Family can Make

A scientific study showed that a lifestyle plan with just two simple steps may help families slow the rate of weight gain in an overweight child¹:



- 1 CUT 100 CALORIES FROM FOODS AND BEVERAGES (IN PART, BY USING SLENDA® NO CALORIE SWEETENER INSTEAD OF SUGAR)
- 2 ADD 2,000 STEPS

Having the whole family involved is important to success

Go to www.splenda.com and click on Health & Wellness and then navigate to Simple Changes for a Healthier Lifestyle to find ideas and recipes for your family.



*CDC. Childhood Obesity Facts. Prevalence of Childhood Obesity in the United States, 2011-2012. <http://www.cdc.gov/obesity/data/childhood.html>

¹Rodearmel S, et al. Small Changes in Dietary Sugar and Physical Activity as an Approach to Preventing Excessive Weight Gain: The America on the Move Family Study. *Pediatrics*. 2007;120: e869-879.

Simple Ways to Cut 100 Calories



There's no need to go hungry! Following one or more of these simple changes at home, school or work can help you cut your calories by 100 each day

Instead of...	Try this...	Approx. Calories Saved
 Fruit-on-the-bottom yogurt (6 oz.)	 Nonfat yogurt (6 oz.) sweetened with no calorie sweetener such as SLENDA® Brand Sweetener*	90
 8 fluid ounces fresh-squeezed lemonade sweetened with sugar	 8 fluid ounces fresh-squeezed lemonade sweetened with SLENDA® No Calorie Sweetener	84
 12 fl. oz. regular cola	 12 fl. oz. ounce diet cola beverage sweetened with SLENDA® Brand Sweetener	140
 Ice cream sandwich	 Chocolate yogurt pop made with SLENDA® No Calorie Sweetener*	130
 Cereal with 2 teaspoons sugar sprinkled on top	 Cereal with one packet of SLENDA® No Calorie Sweetener sprinkled on top	28

*NOTE: Calorie savings are approximate, based on standard serving sizes and an average of similar products. For more ideas on cutting calories and adding steps, plus recipes and coupons for SLENDA® Sweetener Products, go to www.splenda.com and click on A Child's Weight Matters.

Simple Ways to Add 2,000 Steps

Two thousand steps are about 1 mile, or about 15-20 minutes of walking. Here are some fun ways you can encourage your children to get their 2,000 extra steps—and you can join in too!

Instead of...	Try having them...
 <ul style="list-style-type: none"> • Sitting while watching TV • Playing computer games after school • Watching a movie • Asking to be driven everywhere • Spending time with friends just "sitting around" 	 <ul style="list-style-type: none"> • Move during every commercial. Do jumping jacks, use a hula hoop, or make up a dance • Shoot hoops or ride bikes or scooters with other kids in the neighborhood; help out around the house • Do an exercise or hip-hop DVD or videogame with friends or family • When possible, walk, bike, skate or skateboard to where they want to go • Go hiking. Play active games you can find at the dollar store: try big bubble wands, jump ropes, hopscotch or Frisbee disc!

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SLENDA® Brand Sweetener can be used safely by the whole family, including children, women who are pregnant or nursing and people with diabetes.

Splenda
SWEETENERS

America On the Move® Family Study developed at the University of Colorado at Denver and Health Sciences Center by Dr. James Hill, co-founder of America On the Move®.

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