5 ways to prevent CHILDHOOD OBESITY

1 in 7 Canadian children are obese. Childhood obesity increases risk for developing

- Heart disease
- Diabetes
- Breathing problems
- Poor mental health
- Joint pain
- Sleep apnea

Support mothers’ to breastfeed. Human milk has biomolecules that protects infants from developing childhood obesity.

Encourage children to participate in 60-90 minutes of regular physical activities.

Reduce sedentary behavior by limiting screen time and remove electronic devices during meal times.

Encourage a well-balanced diet for children - including high fibre foods.

Limit the marketing of high sugar, salt, and fat food products to children.

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