


5 ways to prevent CHILDHOOD OBESITY

1 in 7 Canadian children are obese

Childhood obesity **increases risk** for developing

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- 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