Parent Information
School Age Children

Underweight Child

Your child weighs less than children of the same age and height.

Here are some things you can do at home to help your child have a healthy weight:

Be sure your child eats a healthy diet that includes:

- Milk and dairy products
- Fruits and vegetables
- Protein foods such as chicken, beef, pork, fish, eggs and dried beans such as pintos or black beans
- Grain foods like grits, and whole grain cereals and breads

Children are very active and need a lot of energy from foods. Many children need to eat three meals a day and have snacks between meals.

Give your child healthy snacks such as:

- Peanut butter and crackers
- Cheese toast and a glass of 100 percent fruit juice
- Cut up fruit with cheese, peanut butter or yogurt
- Cereal and milk
- Yogurt
- Graham crackers and milk
- Turkey and cheese sandwich
- A snack mix made with nuts, cereal and raisins

Children need the vitamins and minerals found in fruits and vegetables, protein foods, dairy products and grain foods. Snack foods such as chips, soda, fruit-flavored drinks and snack cakes have a lot of calories but don't have the right nutrients children need to stay healthy.

Let your child help you fix food for the family. Children like to eat things they help make.

Be sure to take your child to see his or her health care provider on a regular basis for well child checkups. If you have questions about your child's diet, you may want to talk with your child's doctor or nurse practitioner.

Child's Name _____

School Nurse _____

Date _____

School _____

School Phone Number (_____) _____

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Bureau of Maternal & Child Health • Division of Women & Children's Services • DHEC-2337 7/2011