



the movement to make healthy easy

## The Science Behind nrgBalance

Daily Recommendations for Prevention of Childhood Obesity  
--Davis MM et al, 2007 Pediatrics, S229-S253

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### 1 or more hours of physical activity each day

- Research indicates that children who do not engage in regular physical activity are at greater risk of obesity.  
— *Must & Tybor 2005, Int J Obes*
- Activity habits that are formed during early childhood increase the likelihood of being an active adult.  
— *Telama et al 2005 Am J Prev Med*
- Experts recommend kids accumulate 60 minutes of moderate daily activity.  
— *Davis 2007, Pediatrics*  
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### 2 or less hours of screen time each day

- Each year the average child spends 900 hours in school and nearly 1,023 hours in front of a TV.  
— *Sharif & Sargent 2006, Pediatrics*
- Evidence shows that children tend to be less physically active when they devote large amounts of time to screen-time activities.  
— *Delmas et al 2007, Obesity; Dennison et al 2002, Pediatrics; Hager 2006, J Adol Health*
- Experts recommend limiting television viewing and other non-academic screen time to less than 2 hours per day to prevent obesity.  
— *Davis 2007 Pediatrics*

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### 3 meals each day

- Research suggests that neglecting to eat meals, **particularly breakfast**, can lead to weight gain.  
— *Teveras et al, 2007, Obes Research*
- The family meal has a significant impact on the nutritional quality of children's diets: increased consumption of fruits, vegetables and milk and less fried foods and soft drinks.  
— *Davis 2007, Pediatrics; Neumark-Sztainer et al, 2003, J Am Diet Assoc; Rockett 2007, J Am Diet Assoc*
- Experts recommend encouraging family meals in which parents and children eat together.  
— *Davis 2007, Pediatrics*



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**or more cups of water or low/no-calorie beverages each day**

- Adequate intake for water is 5–8 cups total beverages including water and other beverages such as milk and juice.  
— *Food & Nutrition Board, 2004, IOM*
- Soft drinks are the leading source of added sugars in the daily diet of youth.  
— *Murphy et al, 2005, FASEB J*
- Research supports a clear association between sweetened beverage consumption, increased caloric intake, and childhood obesity.  
— *Am Diet Assoc Evidence Library, 2008*
- Experts recommend limiting children’s access to sugar-sweetened beverages both at home and at school.  
— *Davis, 2007, Pediatrics*

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**or more servings of fruits and vegetables each day**

- Increased fruit and vegetable consumption may protect against obesity because they are low in calories, high in fiber, and make you feel full.  
— *Am Diet Assoc Evidence Library 2008*
- Increased consumption of fruits and vegetables also provides valuable vitamins, minerals and fiber children need for good health.
- Experts recommend encouraging 5 or more servings of fruits and vegetables.  
— *Davis 2007 Pediatrics; Dietary Rec for Child and Adol, 2006, Pediatrics*