

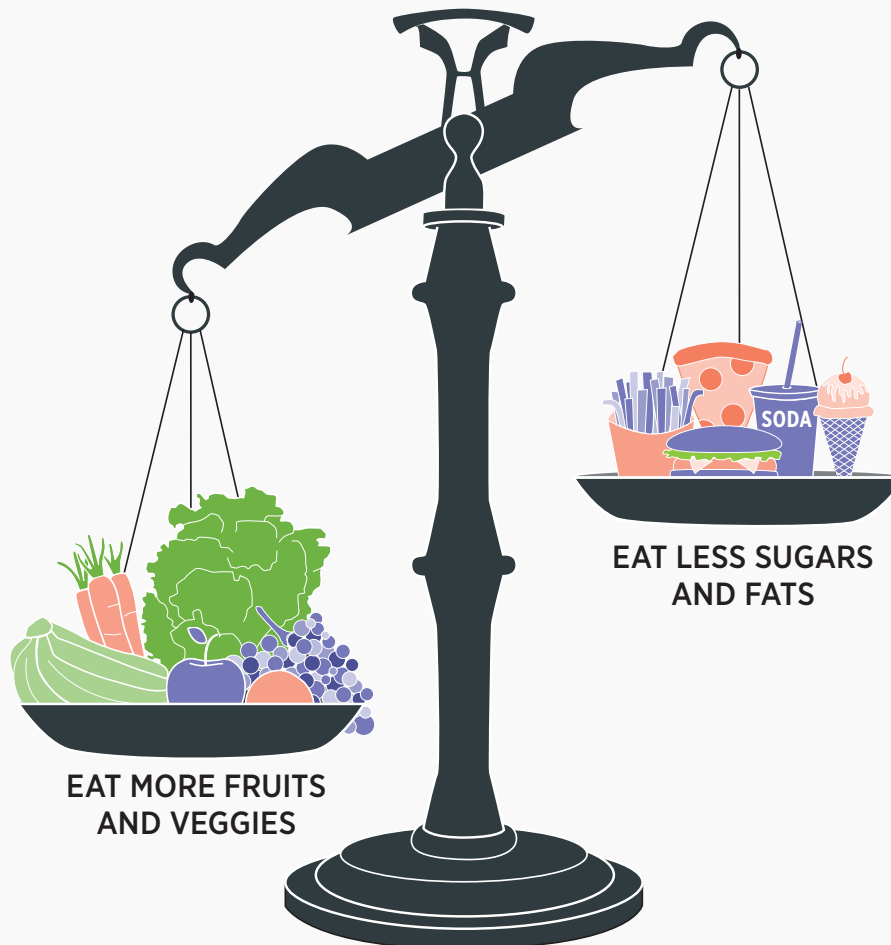
What's Your Next Move?

HELP REDUCE CHILDHOOD OBESITY

..... No. 4 in a series of infographics on childhood obesity

EAT MORE HEALTHY FOODS

When you practice healthy eating habits as a family, everyone wins! Help your child get to and stay at a healthy weight by serving more fruits and veggies and setting limits on sugars and fats.



WHAT'S YOUR NEXT MOVE?

Visit the Weight-control Information Network (WIN) website at <http://www.win.niddk.nih.gov> to learn more about how to reduce childhood obesity and download a free copy of WIN's recently updated brochure *Helping Your Overweight Child*.

WIN Weight-control
Information Network
A program of the National Institutes of Health

The Weight-control Information Network (WIN) is a national information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health (NIH). WIN provides the general public, health professionals, and the media with science-based, up-to-date, culturally relevant materials and tips. Topics include healthy eating, barriers to physical activity, portion control, and eating and physical activity myths.