



# PowerPlayMD-OC

A **pediatrician** directed health, nutrition and fitness program to manage weight and to promote **healthy, lean and active youth**

## **PowerPlayMD-OC 10 Nutrition Guidelines**

- 1. Stop all high calorie/sugary beverages: soda, lemonade, kool-aid, Gatorade, etc. This includes juice. Eat fruit rather than drink it.**
- 2. Drink only non-fat milk and limit to 2 - 3 cups a day.**
- 3. Drink at least 8 cups of water a day.**
- 4. Eat at least 3 meals a day.**
- 5. Limit portion sizes of meals. Use the food guide pyramid as your guide for the day (5 or more vegetables, 3-4 grains, 3 proteins, 2 dairy products, 2 fruits and 0-1 extras).**
- 6. Choose only whole grain breads and cereals.**
- 7. Eat at least 5 servings of vegetables a day, and make sure to choose a variety of colors.**
- 8. Watch the use of added fats on foods: butter, gravy, salad dressing, sour cream, cream sauces, cream cheese, etc.**
- 9. Avoid or limit intake of extras or junk food: chips, cookies, goldfish crackers, candy, cake, etc.**
- 10. Avoid or limit intake of restaurant or fast foods.**

Created by Tracy Herbrand, PowerPlayMD-OC Registered Dietitian. February 2006