BODY MASS INDEX = **BMI**

**CALCULATIONS FOR CHILDREN**

**BMI Formula**

\[
\text{BMI} = \frac{\text{weight (lb)}}{\text{height (in) \times height (in)}} \times 703
\]

In order to calculate a child’s BMI percentile, you must first calculate their BMI. You can use a BMI calculator on a website, such as [http://apps.nccd.cdc.gov/dnpabmi/](http://apps.nccd.cdc.gov/dnpabmi/) or by using the formula: weight (lb)/height (in)/height (in) X 703 = BMI.

Once you have the BMI value, you must plot that number on the appropriate BMI chart such as the ones below to determine the child’s BMI percentile based on the child’s sex and age. Children who are less than the 5th percentile are underweight. Children who are in the 5th percentile to less than the 85th percentile are a healthy weight. Children who are in the 85th percentile to less than the 95th percentile are overweight and children who are equal to or greater than the 95th percentile are obese.
BMI index for age percentiles

AGE (YEARS)  BOYS  GIRLS

BODY MASS INDEX FOR AGE PERCENTILES

kg/m²

2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

20 25 30 35 40 45 50 55 60 65 70 75 80 85 90 95
The purpose of Southern Remedy’s Children’s Healthy Eating Plate is to guide children into healthy food choices and away from processed and fast food, high in salt, sugar and fat. Simply by avoiding these foods, controlling portions, increasing exercise and decreasing screen time, the majority of children will achieve a normal body mass index (BMI). This is facilitated by the fact that if overweight children do not gain weight with growth and height, their BMI and their health risks will normalize.

We strongly encourage using a BMI chart, such as the one below in conjunction with regular consultation with the child’s physician on all elements of healthy living. We also recommend that trips to fast food restaurants be kept to a minimum and when those are made, healthy choices be substituted for less healthy ones. For instance, choose the fresh fruit option instead of French fries as a side item, choose low fat milk instead of sugar drinks, and choose grilled chicken instead of fried chicken or hamburger. If wheat buns are available, white bread should definitely be avoided.
TIPS FOR HELPING CHILDREN MAKE HEALTHY FOOD AND LIFESTYLE CHOICES

1. Drink water or low fat milk instead of sugary drinks
2. Make half your plate fruit and vegetables – buy them in season
3. Make half your grains whole grains, for example whole grain bread, pasta, tortillas, bagels
4. Select low or reduced sodium or no salt added products
5. Use a smaller plate
6. Be creative – make food fun – for example, prepare fruity peanut butterflies or bugs on a log (celery sticks, peanut butter, and raisins)
7. Offer choices and let your child participate in meal planning – for example, let them choose the vegetable for dinner (such as broccoli, spinach or carrots)
8. Take time to enjoy your food and the time together
9. Try new foods (especially fruits and vegetables) – variety is key!
10. Encourage physical activity
11. Limit screen time to no more than two hours a day (including tv, phone, video games and computer time)
12. Focus on Dairy
   a. Low fat or fat free
   b. Provides vitamin D, potassium, and protein for healthy life and growing bones
   c. Include with meals and snacks - yogurt is great for dipping both fruits and veggies
13. Focus on Fruits
   a. Keep visible - a bowl of whole fruit on the table or counter is tempting!
   b. Eat at meals and for snacks
   c. Add to recipes – for example, salads and muffins
14. Focus on Vegetables
   a. Choose those that are rich in color – red, orange, dark green; eat less starchy ones – such as potatoes, corn, peas
   b. Add to sandwiches and meat dishes. They are great grilled!
   c. Munch on raw ones – keep cut up veggies ready to eat in the fridge for snacking (for example, carrots, broccoli, bell pepper and celery)
15. Focus on Protein
   a. Eggs are good for breakfast or supper
   b. Eat lean or low fat meat
   c. Chose unsalted nuts for snacks, salads and main dishes
   d. Grill, broil, bake or roast for a healthy option
   e. Think small in portion size