

Your Questions about...

Weight

“Is it okay for a 10-year-old to weigh over 110 pounds?”; “How much should a 10-year-old weigh?”

It is difficult to say how much a person should weigh based on their age because your weight usually depends on your height. A person who is 4 feet (or 122 cm) tall would weigh less than a person who is 5 feet (or 152 cm) tall, even though the shorter person may be older in age. Try not to worry too much about how much you weigh. Focus on eating healthy food and staying physically active.



Nutrition

“Is it okay to eat one sugar doughnut (‘donut’) each day?”

One doughnut (‘donut’) per day is probably too much. Try having one doughnut per week; it’s healthier and you’ll enjoy it more if you have it less often.

*if you have any more questions about snacks, please ask your McGill student nurses

“Is it okay to eat 4 cookies for snack?”

Eating 4 cookies for snack might be a little too much, but of course it depends on what kind of cookies you are eating. Ask your parents to help you read food labels and find snacks that have the least amount of sugar.

*if you have any more questions about snacks, please ask your McGill student nurses

If anyone is having trouble thinking of healthier snacks, please refer to this list:

- ✓ Bring fruits and vegetables to school that are easy to eat (example: an apple, an orange, a bunch of grapes, a banana, carrots, cucumbers, etc.)
- ✓ Have a glass of milk or a yogurt

Exercise

“I exercise about once in two days, is that enough?” and “How many minutes of exercise do you need in 24 hours?”

Everyone needs physical activity to be healthy and strong. The best thing to do is to take part in some kind of physical activity for 30 minutes 4 to 5 times per week. You can also look at it this way: a total of 120 to 150 minutes of physical activity every week.

Here are some tips to get you started:

- ✓ walk more (to the shopping center, to the park, to your friend’s house)
- ✓ take the dog for a walk
- ✓ run, jump, skateboard, snow-board, ski, skate or toboggan
- ✓ play sports
- ✓ go skating, swimming, bike riding or bowling
- ✓ rake the leaves, shovel the snow or carry the groceries
- ✓ put on some music and move
- ✓ stretch your muscles every day

Balance your activities between:

Aerobic or Endurance Activities (any continuous movement): running, jogging, football, soccer, hockey, basketball, swimming, and dancing.

Flexibility Activities (keep joints moving and help with relaxation): stretching, gymnastics, dancing, yoga, and karate.

Strength Activities (build and strengthen muscles and bones): supervised weight lifting, carrying groceries, bowling, and shoveling snow.



“How can kids lose weight?”

The only healthy ways to lose weight are to be physically active (+ decrease the time you spend sitting down) and to eat healthy.

★ To eat healthier, try to have something from each of the 4 food groups in each meal:

- 1) Vegetables and fruits
- 2) Grains (whole grains, whole wheat)
- 3) Milk and alternatives (milk, soy milk, yogurt, cheese)
- 4) Meat and alternatives (chicken, pork, beef, tuna, salmon, eggs, tofu, nuts)



★ To be more physically active, try some of the tips listed on the other page.

★ For more information, your parents can go to these links:

Nutrition: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

Physical Activity: <http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pag-gap/cy-ej/index-eng.php>



Milk and Chocolate Milk

“Why is milk healthy, but chocolate milk is not?”

Milk is healthy because it has calcium, which helps build strong bones and teeth. Milk is important, especially when you are still growing taller. It is best to drink skim milk, 1% milk or 2% milk. Chocolate milk *also* helps build strong bones and teeth, but it has much more sugar than regular milk does. Too much sugar is not ideal for a healthy diet, that is why you should have regular milk every day. Try to save the chocolate milk for only once in a while or on special occasions.



Stomach/belly Aches

“My belly always hurts. Why?”, “When you have a stomach ache, what should you do?”, “Once I ate pickles and after I got a really bad stomach ache. Do you think it’s because of the pickles?”

Pain in the abdomen (belly, stomach) is very common in young students.

- Sometimes, it is because we ate a **food** that we did not digest properly. In this case, it is best to avoid that food, for example: if you always get a stomach ache after eating **cucumbers or pickles**, then avoid eating cucumbers and try eating another vegetable instead.
- It is common to have a stomach ache because of **stress** too, for example: if you are worried about a test or if something is bothering you at school, you may get a stomach ache. The best thing to do is to try to take some time to relax – read a book, lie down, do some deep breathing or stretching exercises.
- Anytime you have stomach ache, you can try these **tips** to help you feel better:
 - drink water, especially warm water like a cup of tea
 - place a warm pad over your abdomen
 - try to avoid foods that tend to give you pain
 - take the time to talk to someone about things that are making you stressed or nervous

“Could I eat oatmeal at night before going to bed?”

It is important not to eat too much right before going to bed because it may lead to a stomach ache. It is a good idea to stop eating at around 7:00pm, so that your body has a few hours to digest the food before sleeping.

Chogle, A. & Saps, M. (2009, July). Environmental factors of abdominal pain. *Pediatric Annals*, 38 (7), p. 396-400.

Huertas-Ceballos, A. A., Logan, S., Bennett, C., & Macarthur, C. (2009). Dietary interventions for recurrent abdominal pain and irritable bowel syndrome in childhood (Review). *The Cochrane Library*, 1. Wiley Publishers.

Public Health Agency of Canada. Canada’s Physical Activity Guide for Children and Youths. <http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pag-gap/cy-ej/index-eng.php>

Health Canada. Canada’s Good Guide. <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>