

PEDIATRICIANS: PROVIDING SPECIALIZED CARE JUST FOR KIDS!

Children's health care needs are different than adults. That's why our pediatricians not only treat illnesses and injuries, but work with you to develop healthy habits for your children, from newborns through teenagers.

Proper nutrition is a cornerstone of children's good health habits. Eating healthy, nutritious foods acts as fuel for growing bodies, giving children energy and nutrients to stay active and perform well in school and sports. It also helps combat childhood obesity.

"About one-third of our pediatric patients are overweight or obese," says Jennifer Brumm, M.D., a pediatrician at Mayo Clinic Health System in La Crosse. "Childhood obesity is not just aesthetic. Being overweight can lead to a host of physical and mental health problems, including low self-esteem, elevated cholesterol and sleep disorders."

Dr. Brumm encourages families to follow the **5-2-1-0 Let's Go!** rule as a guide to good health and nutrition for kids:

- 5** – eat five or more servings of fruit and vegetables every day
- 2** – limit screen time to two hours per day
- 1** – get one hour of exercise per day
- 0** – drink zero sugar-sweetened beverages such as soda and juice

"The key to a healthy weight is making lifestyle changes that will stick," she says. "It's not about putting a kid on a diet. It's about the whole family making changes so everyone is healthier."

Dr. Brumm says when it comes to feeding your children, avoid processed foods and foods containing trans fats, saturated fats, sugar and sodium. Instead, opt for more "real" foods – fruits, vegetables, whole grains, lean meats, and low-fat dairy.

Dr. Brumm says those are habits all families should adopt — whether they have pounds to lose or not. "It's much easier to prevent obesity than to go backward if your child gains weight," she says. "These are healthy choices we all should be making."



"Children who are overweight may have low self-esteem, elevated cholesterol and sleep disorders. The key is for the whole family to make healthy changes such as being active and eating 'real' foods."

- Jennifer Brumm, M.D.
Pediatrician, Mayo Clinic Health System, La Crosse

To make an appointment with a pediatrician:

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