

Eat more fruit and vegetables

Reduce the number of unhealthy snacks and choose healthy alternatives

Choose water as a drink

Turn off television and computer and play outside !

Have morning breakfast and vary the choice of foods

Take physical exercise every day



RULES FOR A HEALTHY GROWTH



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Eat more fruit and vegetables

- Eating fruit and vegetables every day helps children and adolescents grow healthy and develop normally, increases their vitality and reduces the risk of developing chronic diseases
- It is therefore important to teach children to eat fruit and vegetables at each meal
- Main goal: five portions a day of fruit and vegetables
- Fresh fruit is a healthy alternative snack

RULES FOR A HEALTHY GROWTH



Reduce the number of unhealthy snacks and choose healthy alternatives

- Choose fruit, low-fat dairy products, whole-wheat flower foods
- Reduce the intake of snacks high in sugar and/or in saturated fats (such as chips, sweets, chocolate, etc.), that can lead to weight excess
- Always read foods nutritional information
- Balance snacks with other daily meals



RULES FOR A HEALTHY GROWTH

Have morning breakfast and vary the choice of foods

- Have a varied and nutritionally complete morning breakfast with cereals or bakery products, milk or yogurt and fruit
- Vary the choice of foods both at lunch and supper, so as to guarantee a complete nutritional intake
- Split up daily calories intake into five meals: 15% at breakfast, 5 % at midmorning, 40% at lunch, 10 % in the afternoon, 30% at supper
- Reduce salt and salty foods intake

RULES FOR A HEALTHY GROWTH



Choose water
as a drink

- Drinking water is the best way to quench thirst
- Don't wait to be thirsty, drink frequently during the day
- An alternative to water can be sugar-free drinks or fruit juices
- Skimmed milk or semi skimmed milk is a nutritious and a calcium rich drink for over twos
- Choose fresh fruit rather than fruit juices, low in fiber

RULES FOR A HEALTHY GROWTH



Take physical
exercise
every day

- Regular physical exercise plays an important role in children's and adolescents' healthy growth, development and psycho-physical well-being
- Children and adolescents should take at least 30 minutes a day physical exercise, including sports and games
- Parents should give good example and encourage their children to take regular physical exercise

RULES FOR A HEALTHY GROWTH



Turn off television and computer and play outside !

- Sedentary life (i.e. watching TV, surfing internet, playing with the computer or with videogames), promotes overweight and obesity in both children and adolescents
- Children and adolescents shouldn't spend more than two hours per day watching TV, playing with the computer and with videogames
- Outdoors games and activities should be chosen as alternatives



Aims of the Research Center for Growth Disorders

- Promote childhood and adolescent obesity prevention (i.e. through education programs for children and teachers, meetings with parents, training courses for pediatricians and general practitioners)
- Help children and their families make healthy food choices
- Promote physical activity among children and their parents (organizing events with sports associations)
- Offer diagnostics testing and treatment possibilities to children of all Nations



Aims of the Research Center for Growth Disorders

- Collaboration with international partners in order to develop new technologies for distance life styles' monitoring (telemedicine, telecare)
- Identification and treatment of growth disorders, by following children's height and weight growth over time.
- Assist children on growth hormone treatment (regional reference center for these diseases)
- Support children and their families during puberty development
- Promote the knowledge of our clinical activities and researches

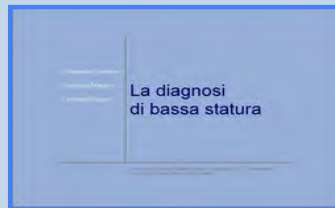
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Educational projects for families



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Educational projects for families



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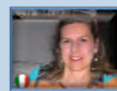
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