

3 years old



It's time for my
3 year
Pedi Visit

Ask your pediatrician
where your child's BMI
percentile falls _____ ?



Under Weight
<5%

Normal Weight
5 to
84%

At risk for
Overweight
85 to
94%

Overweight
>95%

BMI-Percentile-for-age

Body Mass Index (BMI) is a number calculated from a child's weight and height. The BMI number is plotted on the CDC BMI-for-age growth charts to obtain a percentile ranking. **BMI is a screening tool.** Based on the BMI percentage, your Doctor will discuss if any further information is needed. If you child is considered under or overweight, you may also want to see a Registered Dietitian.



Review Diet

- Milk/Calcium Intake
- LowFat vs NonFat
- Milk allergies
- Vegetables/Fruit
- Fiber (whole grains)
- Activity Level

Other Areas to Discuss

- First visit to dentist
- Nursery School programs
- TV programs
- Hours per day in front of TV/video
- Accident Prevention/Water Safety
- Stranger Precaution

The annual visit represents a wonderful opportunity to discuss your child's health and growth status. Help your child find the foods they can enjoy from all the food groups. Activity and a balanced diet is the best way to prevent weight concerns.

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