



Getting The Balance Right

A parent's guide for underweight teenagers

Healthier Child, Brighter Future



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This resource guide is designed for parents with underweight teenagers and should not replace the advice provided by your doctor or healthcare professionals.





A healthy, active lifestyle

helps your teenager look and feel his best

Teenagers grow at different pace and at different time periods. Your teenager may be genetically underweight because he follows a growth pattern similar to your own when you were his age. Factors such as poor choices of food, inadequate food intake, irregular meal times and poor eating habits may also affect your teenager's weight. Teenagers need sufficient energy and nutrients for their optimal growth and development.

This book contains healthy eating and physical activity ideas to help your teenager to gain weight in a healthy way.

For the sake of simplicity, he/his/him are used to represent both genders.

Why does Weight Matter?

Being underweight and not having a healthy, well-balanced diet, teenagers may:

- Feel tired easily and have poorer concentration in their studies.
- Lack important nutrients for optimal growth and development.
- Catch a cold, flu or other infections easily.
- Have stunted growth and poor muscle development. Girls may also experience delayed or interrupted periods.
- Risk developing nutritional deficiency diseases such as anaemia and osteoporosis.



Understanding

Body Mass Index (BMI)

BMI measures the relationship between a person's height and weight and provides an estimate of the amount of fat in the body. You can calculate your teenager's Body Mass Index (BMI) by using the formula provided below.

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m) x Height (m)}}$$

For children and teenagers aged 18 years and below, BMI has to be interpreted in relation to their age and gender using the BMI-for-Age Percentiles Tables.

There are separate tables for boys and girls. Looking at the table on the next page, you can find out your teenager's weight status category.



BMI-for-Age Percentiles (6-18 Years)

BOYS

AGE (years)	SEVERELY UNDERWEIGHT (< 3 rd percentile)	UNDERWEIGHT (3 rd to < 5 th percentiles)	ACCEPTABLE WEIGHT (5 th to < 90 th percentiles)	OVERWEIGHT (90 th to < 97 th percentiles)	SEVERELY OVERWEIGHT (≥ 97 th percentile)
6	≤ 12.8	12.9 – 13.1	13.2 – 18.8	18.9 – 21.4	≥ 21.5
7	≤ 13.0	13.1 – 13.3	13.4 – 19.8	19.9 – 23.0	≥ 23.1
8	≤ 13.2	13.3 – 13.6	13.7 – 20.9	21.0 – 24.6	≥ 24.7
9	≤ 13.5	13.6 – 13.8	13.9 – 21.8	21.9 – 26.0	≥ 26.1
10	≤ 13.8	13.9 – 14.1	14.2 – 22.7	22.8 – 27.3	≥ 27.4
11	≤ 14.1	14.2 – 14.5	14.6 – 23.6	23.7 – 28.3	≥ 28.4
12	≤ 14.4	14.5 – 14.8	14.9 – 24.3	24.4 – 29.2	≥ 29.3
13	≤ 14.7	14.8 – 15.1	15.2 – 25.0	25.1 – 30.0	≥ 30.1
14	≤ 15.0	15.1 – 15.4	15.5 – 25.5	25.6 – 30.6	≥ 30.7
15	≤ 15.3	15.4 – 15.8	15.9 – 26.1	26.2 – 31.2	≥ 31.3
16	≤ 15.6	15.7 – 16.1	16.2 – 26.5	26.6 – 31.7	≥ 31.8
17	≤ 15.9	16.0 – 16.3	16.4 – 27.0	27.1 – 32.1	≥ 32.2
18	≤ 16.1	16.2 – 16.6	16.7 – 27.4	27.5 – 32.4	≥ 32.5

GIRLS

AGE (years)	SEVERELY UNDERWEIGHT (< 3 rd percentile)	UNDERWEIGHT (3 rd to < 5 th percentiles)	ACCEPTABLE WEIGHT (5 th to < 90 th percentiles)	OVERWEIGHT (90 th to < 97 th percentiles)	SEVERELY OVERWEIGHT (≥ 97 th percentile)
6	≤ 12.6	12.7 – 12.8	12.9 – 18.3	18.4 – 20.5	≥ 20.6
7	≤ 12.8	12.9 – 13.1	13.2 – 19.1	19.2 – 21.8	≥ 21.9
8	≤ 13.1	13.2 – 13.4	13.5 – 20.1	20.2 – 23.1	≥ 23.2
9	≤ 13.4	13.5 – 13.7	13.8 – 21.0	21.1 – 24.4	≥ 24.5
10	≤ 13.7	13.8 – 14.1	14.2 – 21.9	22.0 – 25.6	≥ 25.7
11	≤ 14.1	14.2 – 14.4	14.5 – 22.7	22.8 – 26.6	≥ 26.7
12	≤ 14.4	14.5 – 14.8	14.9 – 23.4	23.5 – 27.5	≥ 27.6
13	≤ 14.8	14.9 – 15.2	15.3 – 24.0	24.1 – 28.3	≥ 28.4
14	≤ 15.1	15.2 – 15.5	15.6 – 24.6	24.7 – 28.9	≥ 29.0
15	≤ 15.4	15.5 – 15.8	15.9 – 25.0	25.1 – 29.4	≥ 29.5
16	≤ 15.7	15.8 – 16.1	16.2 – 25.4	25.5 – 29.7	≥ 29.8
17	≤ 15.9	16.0 – 16.3	16.4 – 25.7	25.8 – 30.0	≥ 30.1
18	≤ 16.1	16.2 – 16.5	16.6 – 25.9	26.0 – 30.3	≥ 30.4



Be Realistic about

Weight Gain

Your teenager may be born thin. Gaining weight may not be an easy task and may take time. Be patient and help him to aim for a gradual weight gain until he achieves an acceptable weight for his height and age.





Secrets to Healthy Weight Gain

It is important to gain weight the right way. The secret to healthy weight gain is to provide your teenager with foods that are healthy and packed with nutrients. Nutrients such as carbohydrates, protein, fat, vitamins and minerals are important for growth and development.

Tips to increase his food intake:

- Buy nutritious snacks such as fruit, nuts, wholemeal bread, whole-grain cereal, milk and yoghurt instead of snacks such as potato chips, cakes and cookies. It may be tempting to give your teenagers less healthy snacks but these will not contribute to a healthy weight gain. Keep nutritious snacks in visible places such as the fridge or kitchen counter. Encourage your teenager to pack nutritious snacks to take along whenever he goes out.
- If your teenager is a small eater, giving him large portions of food at one go can be overwhelming. Spread his meals to 3 main meals and two to three snacks throughout the day.
- Encourage him to eat more by involving him in planning meals or preparing tasty and nutritious food using his favourite ingredients. Make the food attractive and appetising.
- If he has a poor appetite and is not eating well, you may need to consult your doctor or a dietician for advice.





Fostering a positive eating environment

- Eat together as a family. Seeing that you take time to care for and connect with him can motivate him to eat healthily. You can also know if he is eating enough at each meal.
- Avoid arguments during meal times. Make meal times enjoyable by talking and sharing about each other's daytime activities.
- Sometimes, your teenager may not like a certain food. You may need to serve the food several times before he can accept it.
- Encourage him to plan and prepare a meal for the family. When he prepares the food, he is more likely to eat it.
- Invite his friends over for dinner. When he sees his friends eating, he may be motivated to eat more.
- Avoid pressuring your teenagers to eat. Instead, offer nutritious meals and snacks throughout the day.



My Healthy Plate

Use My Healthy Plate to help your teenager choose what to eat and how much to eat at each meal.

Fill a quarter of his plate with whole-grains

Whole-grain products such as brown rice, wholemeal bread and rolled oats contain vitamins (vitamins B and E), minerals (iron, zinc and magnesium), plant chemicals (lignans, phytosterols) and inulin (a type of dietary fibre).

Refined grain products such as white rice or white bread have gone through processing which removes the valuable nutrients that whole-grains have to offer. Consuming whole-grains over refined grains can reduce the risk of developing heart disease and diabetes.

Fill a quarter of his plate with meat and others

Lean meats, chicken, fish, lentils, beans, tofu or nuts contain protein that helps to build and repair tissues in the body. Include calcium-rich foods in his diet each day. Milk, yoghurt, cheese, tofu, sardines and calcium-fortified soy milk are rich in calcium. Choose low-fat or non-fat dairy products more often than full-fat dairy products.

Choose water

Teenagers, aged 13-17, should drink 9-13 glasses[#] of water per day. Sugary and sweetened drinks contain no beneficial nutrients.

NOTE:

[#] One glass = 250ml

* Total fluid intake is the total amount of fluid (such as soup and porridge) as well as water and milk



HEALTHY PLATE

FRUIT & VEGETABLES



BE ACTIVE



HEALTHIER OILS

13-18 years need 8-10 glasses* per day. The total fluid intake* is 9-12 glasses# per day. Most contain empty calories with nutrients for our bodies.

*The total amount of fluid intake from food and porridge) and beverages (such

Fill half of his plate with fruit and vegetables

Fruit and vegetables are rich in dietary fibre, vitamins and minerals, and can lower the risk of developing heart disease, stroke and certain types of cancer. Eat a colourful variety of fruit and vegetables to get a variety of nutrients.

Be active!





Being healthy is not just about healthy eating. It involves being active every day. Your teenager should aim for at least 60 minutes of moderate- to vigorous-intensity physical activity to keep him fit and healthy every day.

Use healthier oils

Healthy fats should be included in the diet on a daily basis to help your body function at its best. Healthier oils such as canola, olive, soy, sunflower and peanut oils, consist of healthy fats that can decrease the risk of developing heart disease. Nuts are also good sources of healthy fat.

Is your teenager eating enough in a day?

The table shows the 'Recommended number of servings per day' your teenager requires from each food group.

Food Groups	Recommended number of servings per day for teenagers aged 13 to 18 years old
 <p data-bbox="256 867 465 924">Brown Rice and Wholemeal Bread</p>	6 - 7
 <p data-bbox="330 1106 391 1128">Fruit</p>  <p data-bbox="293 1304 423 1327">Vegetables</p>	2
 <p data-bbox="259 1470 457 1578">Meat and Others of which Dairy foods or calcium-rich foods</p>	3

BROWN RICE AND WHOLEMEAL BREAD

What is an example of 1 serving of Brown Rice and Wholemeal Bread?



2 slices wholemeal bread (60g)



½ bowl* whole-grain noodles, beehoon or spaghetti (100g)



4 plain wholemeal crackers (40g)



½ bowl* brown rice (100g)



2 wholemeal chapatis (60g)



1½ cups** whole-grain breakfast cereal (40g)



⅔ bowl* uncooked oatmeal (50g)

All weights listed are for edible portions only

* Rice bowl ** 250ml cup

FRUIT

What is an example of 1 serving of Fruit?



1 small apple, orange,
pear or mango (130g)



1 wedge papaya,
pineapple or
watermelon (130g)



10 grapes or longans
(50g)



1 medium
banana



¼ cup** dried
fruit (40g)



1 glass* pure fruit juice
(250ml)

All weights listed are for edible portions only

** 250ml glass ** 250ml cup*

VEGETABLES

What is an example of 1 serving of Vegetables?



$\frac{1}{4}$ round plate*
cooked vegetables



150g raw leafy
vegetables



100g raw non-leafy
vegetables



$\frac{3}{4}$ mug*** cooked leafy
vegetables (100g)



$\frac{3}{4}$ mug*** cooked
non-leafy vegetables
(100g)

All weights listed are for edible portions only

**** 250 ml mug + 10 inch plate*

MEAT AND OTHERS

What is an example of 1 serving of Meat and Others?



1 palm-sized
piece meat, fish or
poultry (90g)



2 glasses*
milk (500ml)



2 small blocks
soft beancurd
(170g)



5 medium prawns
(90g)



$\frac{3}{4}$ cup** cooked
pulses (peas, beans,
lentils) (120g)



3 eggs
(150g)

All weights listed are for edible portions only

** 250ml glass ** 250ml cup*



Eating at Regular Meal Times

Your teenager should eat three main meals and two to three snacks to ensure he has enough energy to last through the day. His daily energy intake should be more than his energy output in order to gain weight.

Here is a suggestion on how to schedule your teenager's meal times on a normal school day.

6.30am	Breakfast
10.00am	Snack
1.30pm	Lunch
4.00pm	Snack
7.00pm	Dinner
9.30pm	Snack

Breakfast

Breakfast is the first meal of the day. Eating a nutritious breakfast can help your teenager to function efficiently, both physically and mentally.

Here is a 7-day sample breakfast menu. Try to use My Healthy Plate to plan breakfast meals in advance.

Day 1	Wholemeal bread with omelette Pure orange juice	
Day 2	Whole-grain cereal with mixed fruit and nuts Milk	
Day 3	Wholemeal bread with peanut butter and banana slices Milk-based beverage	
Day 4	Chicken wrap with carrot and lettuce Milk	
Day 5	Wholemeal chicken pau Fruit smoothie	
Day 6	Baked beans and egg on wholemeal toast Fruit yoghurt	
Day 7	Stir-fried whole-grain noodles with chicken and vegetables Calcium-fortified soy milk	

Lunch and Dinner menu

Here are some nutritious meals you can prepare for your teenager.

MENU A

- 1 bowl brown rice
- 1 palm-sized piece sweet and sour fish
- ¼ plate stir-fried *xiao bai cai* with mushroom
- 1 apple



Lunch and Dinner menu

MENU B

1 plate tomato-based whole-grain spaghetti

- 1 bowl whole-grain spaghetti
- 4 chicken meatballs
- 2 tablespoons shredded cheese
- ¼ plate mixed vegetables

1 bowl pumpkin soup (with milk)

10 grapes



Lunch and Dinner menu

MENU C

2 wholemeal chapatis

$\frac{3}{4}$ bowl chickpea dhal

$\frac{1}{4}$ plate *gobi mata* (stir-fried cauliflower and peas)

1 serving mixed fruit



Lunch and Dinner menu

MENU D

1 plate fried rice

- 1 bowl brown rice
- ½ small block taukwa
- 1 egg
- 3 prawns
- ½ bowl broccoli and carrots

1 bowl vegetable soup

10 grapes



Snack Time

Eating nutritious snacks in between meals can fill the nutritional gap in your teenager's daily diet. Examples of nutritious snacks are:

Parfait with whole-grain cereal, fruit and yoghurt



Mixed nuts and dried fruit

Wholemeal biscuits with chickpea dip



Green bean soup



Steamed corn with oil



Peanut butter on apple slices



Brown rice sushi



Wholemeal chicken wrap

Milk



Ensure your teenager has 1 serving of dairy foods (e.g. 2 glasses of milk) or calcium-rich foods every day.



If Your Teenager is a **Vegetarian**

Ensure that he eats a well-balanced vegetarian diet that provides the important nutrients he needs to gain weight and be healthy. While he abstains from some food of animal origin, remember to replace them with plant protein.

- **Chinese vegetarian dishes** include soy-based products such as tofu, taukwa or mock meat as part of the main meals. Desserts made from dried red beans, green beans, nuts and seeds also provide protein to complete the meal.
- **Indian vegetarian meals** serve up savoury lentils and dried whole legumes such as chick peas, kidney beans to complement the main meals. Incorporating yoghurt also peps up the protein content of his diet.

Healthy Cooking at Home

Cooking at home is healthier than eating out as you can choose what goes into your meals. Try to prepare home cooked meals as often as you can. Here are some tips to prepare healthy meals:

- Prepare meals with more whole-grain foods and vegetables.
- Use lean cuts of meat and poultry. Remove visible fat and skin as they are high in saturated fat and will not contribute to a healthy weight gain.
- Choose fresh food rather than processed food such as sausages, ham, luncheon meat, preserved vegetables as they are high in salt.
- Flavour your meals by using herbs and spices such as parsley, coriander, onions, garlic, curry powder, cumin and pepper. You can flavour your food with a twist of lemon, lime or orange juice.
- Use healthier oils with the Healthier Choice Symbol (HCS) such as canola, olive, soy, sunflower and peanut oils.





Nutritious Recipes

Unleash your creativity by providing your teenager with a wide range of nutritious and delicious foods. Attractive food presentation may whet his appetite and entice him to eat more! Prepare these great tasting meals for him.

Recipes

NUTTY BROWN RICE WITH PINEAPPLE Serves 2

Ingredients

1½ cups[^] brown rice, cooked
 6 medium prawns, de-shelled and halved
 ½ cup mixed vegetables (corn, carrots & french beans)
 A handful of cashew nuts, chopped
 ½ cup pineapple cubes
 1 small onion, finely chopped
 1 clove garlic, finely chopped
 2 tablespoons oil*
 1 tablespoon soya sauce*
 Salt and pepper to taste

Method

1. Heat oil in a non-stick pan.
2. Add in onion, garlic, prawns and stir-fry for a few minutes.
3. Add in mixed vegetables and stir.
4. Add brown rice, pineapple cubes, cashew nuts and soya sauce. Continue to stir-fry until well mixed.
5. Serve hot.

[^] 1 cup = 250 ml



*Choose products with
the Healthier Choice
Symbol



SUNRISE CHICKEN PATTY

Serves 2

Ingredients

150 g skinless chicken fillet, minced
 3 chestnuts, diced
 2 tablespoons sweet corn kernels
 1 small onion, finely chopped
 1 clove garlic, finely chopped
 1 tablespoon oil*
 2 tablespoons corn flour
 ¼ teaspoon salt
 A sprinkle of pepper

For pan-frying

2 tablespoon oil*

Method

1. Mix all the ingredients and shape into patties.
2. Pan-fry the patties in a non-stick pan at a low heat, until both sides turn golden brown.
3. Serve chicken patties with baked potato and vegetable salad.



*Choose products with
 the Healthier Choice
 Symbol



MEATY CABBAGE

Serves 2

Ingredients

4 large cabbage leaves, blanch in hot water
 150 g skinless chicken or lean meat, minced
 ¼ red capsicum, diced
 ½ small onion, finely chopped
 1 clove garlic, finely chopped
 ½ teaspoon ginger, finely chopped
 2 teaspoons soya sauce*
 2 tablespoons oil*
 4 wolfberries

For sauce

½ teaspoon oyster sauce*
 1 tablespoon corn flour
 ¼ cup^ water

Method

1. Marinate minced chicken or lean meat with onion, garlic, ginger, soya sauce and oil for 15 minutes.
2. Add in red capsicum and mix well.
3. Divide the mixture into 4 portions.
4. Place portion on each cabbage leaf and roll.
5. Top with wolfberries and steam for 30 minutes.
6. For the sauce, mix all the ingredients and bring to boil.
7. Pour the sauce over the cabbage rolls and serve hot.

^ 1 cup = 250 ml



*Choose products with
 the Healthier Choice
 Symbol



CHEESY SPIRAL PASTA

Serves 2

Ingredients

2 cups[^] spiral pasta, cooked
 3 tablespoons low-fat cheese*, grated
 1/3 canned tuna in water*, drained and mashed
 2 hard-boiled eggs, sliced
 1/2 green capsicum, thinly sliced
 1 medium tomato, thinly sliced

For dressing

1 tablespoon oil*
 1 tablespoon lemon juice
 1/2 teaspoon sugar
 1 teaspoon basil leaves
 Salt and pepper to taste

Method

1. Mix pasta with low fat cheese, tuna, eggs, green capsicum and tomato.
2. Mix the ingredients for the dressing.
3. Pour the dressing over the pasta and toss well.

[^] 1 cup = 250 ml



*Choose products with
the Healthier Choice
Symbol



SWEET POTATO & CHICKPEA SALAD Serves 2

Ingredients

1 large sweet potato, boiled and diced
 6 tablespoons chickpeas, boiled
 1 small tomato, diced
 2 tablespoons raisins
 2-3 lettuce leaves
 100 g skinless chicken, boiled and shredded (optional)

For dressing

1 tablespoon oil*
 2 tablespoons pure orange juice
 ½ teaspoon paprika (optional)
 Salt and pepper to taste

Method

1. Mix the ingredients for the dressing.
2. Combine sweet potato, chickpeas and tomato (chicken may be added at this stage) with the dressing.
3. Serve over lettuce and top with raisins.



*Choose products with
the Healthier Choice
Symbol







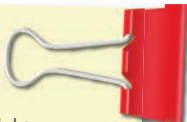
Be Active

Physical activity plays an important role in the health and well-being of your child.

Teenagers aged 13 to 18 years should engage in 60 minutes or more of moderate- to vigorous-intensity physical activity every day.

Regular physical activity builds strong bones and muscles, improves muscular strength and endurance, promotes healthy weight, reduces the risk for developing chronic disease, improves self-esteem, and reduces stress and anxiety.

Aerobic and strength activities can help your teenager to achieve overall fitness and strength. Physical activities, especially strength activities, can help him gain weight by building muscle mass.



• If your teenager is severely underweight and/or has a medical condition, it is best to consult your doctor on the amount and types of physical activity before he engages in regular physical activity.

Be safe while being active

While it is good to get your teenager to be physically active, it is important to ensure that safety is observed when he exercises.

- Avoid exercise when feeling unwell.
- Avoid outdoor exercise during the hottest time (10.30am to 3.30pm) and in adverse weather conditions.
- Drink water before, during and after exercise.
- Dress in appropriate attire and footwear. Put on safety gear (helmet, knee guards, etc) if the activity requires it.
- Do warm-up and cool-down activities to prevent injuries.





Looking **Good.** Feeling **Good.**

Teenagers go through many changes during puberty. This stage often brings about new concerns on body image and appearance as they become more conscious of their looks and body image. Their body image can be influenced by many factors such as media perception and peer pressure, which can affect their self-esteem and self-worth.

To encourage teenagers to engage in healthy lifestyle practices and positive coping, parents can help to foster a healthy body image in your child.

Tips to fostering a healthy body image

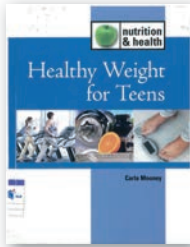
- Avoid criticising or teasing your teenager's weight and appearance. It may worsen how he views himself. Find out more about his view on having a healthy body and express your love and concern to him.
- Teach your teenager positive coping strategies such as positive self-talk, to deal with stresses such as peer pressure or teasing from friends that may affect how he views himself. Help him appreciate his positive traits and strengths to build his self-esteem.
- Teach your teenager personal grooming tips such as the different styles for different body types. This would help him realise that everyone has a unique body size and shape, but can still look good and confident.
- Educate your teenager on how media creates misconception of beauty by using computer software to make models and celebrities look perfect. Show him real life stories of people looking and feeling great through living a healthy lifestyle so that he can stand firm against this misconception.

Should you observe that your teenager is experiencing drastic weight loss and not eating well, do consult your doctor for further advice.



Books

from National Library Board



Author: Carla Mooney

Publisher: Detroit: Lucent Books, a part of Gale Cengage Learning, c2013

Call No.: Y 613.0433 MOO

Healthy Weight for Teens

Summary: Lucent's Nutrition and Health series is designed to help young people to sift through a mountain of confusing facts, opinions and recommendations. On many occasions, the latest nutrition studies and health recommendations contradict previous studies or traditional health advice. Hence, using up-to-date information, personal anecdotes and scientific findings, the book presents tools for evaluating the conflicting and ever-changing ideas about nutrition and health. If you are 'hungry' to achieve a healthier weight and make better informed choices about your next dinner plate, this book will prove useful.



Author: Robin F. Brancato

Publisher: Lanham, Md.: Scarecrow Press, c2010

Call No.: Y 613.0433 BRA

Food Choices: The Ultimate Teen Guide

Abstract provided by publisher: This book is devoted to food and eating topics, including the biological and chemical reasons we prefer certain foods and the eating habits that are unique to teens today. It also covers the latest medical research, the vast amount of literature on weight loss and dieting, and the cultural influences that affect which foods we eat. Throughout, teens are presented with the best tips on how to develop healthy eating habits for a lifetime of culinary enjoyment.



Author: Melissa Sayer

Publisher: Tunbridge Wells: Ticktock, 2009

Call No.: Y 613.2 SAY

Too Fat? Too Thin?: The Healthy Eating Handbook

Summary: Being concerned about body image is part and parcel of puberty. While some people's weight may stay stable, some could become underweight or overweight. What are the possible reasons that contribute to these differences? How do you know whether you are healthy? What can you do to make sure you are getting enough nutrition? As the saying goes, health is wealth; let's start living healthy from young.

Where to seek help

If you require more information or advice, please call Health Promotion Board's HealthLine at 1800 223 1313 to speak to our nurse advisors or visit www.hpb.gov.sg

Student Health Centre

If your child has been identified as being severely underweight (BMI-for-age <3rd percentile) by the school and is given an appointment to attend the medical assessment at the Student Health Centre, Health Promotion Board, please bring your child for this appointment.

If you prefer to bring your child to your family doctor, please cancel your child's appointment at Student Health Centre. Contact us at Tel: 6435-3895 or by Fax: 6438-7166; or Email: HPB_SHC@hpb.gov.sg

Healthier Child, Brighter Future

The Healthier Child, Brighter Future (HCBF) initiative is Health Promotion Board's child health strategy. It aims to establish strong foundations of health and wellbeing for all children from the pre-natal stage of their lives and through their childhood years. HCBF is a call to action for parents like you to influence the health of your children and set them on the path to achieve their fullest potential. You will be equipped with knowledge and skills to provide your children with a healthy head start to a brighter future.

Cultivate healthy habits early. Set a healthy example.