

obemat^{2.0}

CHILDHOOD OBESITY MOTIVATIONAL TREATMENT
MOTIVATIONAL AND EDUCATIONAL WORKSHEETS



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Dedicated to all those children who we have not been able to motivate and to all those professionals who try to see obesity from the perspective of their young patients.

Prologue

As health professionals who work with families with a child who has obesity, we know that bringing about permanent changes in food and lifestyles is not easy. We are aware that we are lacking educational tools and, above all, resources to motivate the people we work with to become part of the process and to feel able to achieve their objectives.

With the aim of finding a way of being more effective when we treat childhood obesity, the health research institutions in the Camp de Tarragona area (URV-IISPV and IDIAP Jordi Gol), along with healthcare providers (Institut Català de la Salut and Sagessa) and the different levels of healthcare (primary health care and hospitals), have joined forces to carry out the Obemat2.0 research project. The aim of this project was to analyse the efficacy of an intervention focused on the child and their family, based on the foundation of a motivational interview. As part of this study, we designed material that a trained health professional can use to suggest themes aimed at helping the patient and their family to find solutions during consultations with paediatricians, nurses and paediatric nutritionists.

This material provides comprehensive and structured content and objectives and was rated by primary healthcare professionals as highly useful during their meetings with children and their families. Consequently, with this publication, we aim to make the material available to all health professionals and researchers to assist them in their work.

VERÒNICA LUQUE AND ALBERT FELIU

This material has been developed to provide support in the treatment of childhood obesity as part of the Obemat2.0 clinical trial (ClinicalTrials.gov Identifier: NCT03749200) by researchers and health professionals at the Universitat Rovira i Virgili – IISPV, the Hospital Universitari Sant Joan de Reus and the Hospital Universitari de Tarragona Joan XXIII.

INSTRUCTIONS FOR THE EDUCATIONAL MATERIAL USE

OBEMAT 2.0

This tool has been developed as a support for the treatment of childhood obesity in the Obemat2.0 clinical trial

The program is made up of 11 structured visits following 4 sections:

1 ASSESSMENT

Anthropometric measures and assessment of the fulfillment of the set-out objectives in the previous visit (except in the first visit, in which there are no previous objectives) to motivate the patient and the family in the successes achieved and not in the failures.

2 SUBJECT

Based on a topic raised by the professional, some questions are asked for the families themselves to go developing the contents. The file of each visit serves of support to the professional and is available to families

3 HOMEWORK

Based on the topic introduced by the professional, a task is proposed for the next visit, with the aim that it is the family itself that identifies how to improve their lifestyle habits

4 OBJECTIVES

The patient, together with the family, must propose goals for improvement in the following areas: weight or BMI, changes in diet and changes in exercise. This commitment must be staged by writing and signing. Therapist action. You just need to modulate these goals so that they are well defined, achievable, and measurable as much as possible.

Evaluation of objectives. At the next visit, the fulfilment of the objectives must be assessed by asking about the difficulties they have encountered, assessing the partial successes and giving, as far as possible, a positive reinforcement. The results of these objectives should serve as a basis for establishing the following ones.

This document contains the worksheets corresponding to the 11 visits. See the following figure as an example of the visit 3, which includes: a section for the topic to be addressed (in this case, the balanced diet), a section for the task to be performed by the family (designing a balanced menu, adapted to family preferences) and a third section to include anthropometric assessment and objectives for the next visit. At the top and at the bottom of each page, ones can find the visit number (1 to 11) as well as the section to which each page corresponds (Topic, Task or Objectives).

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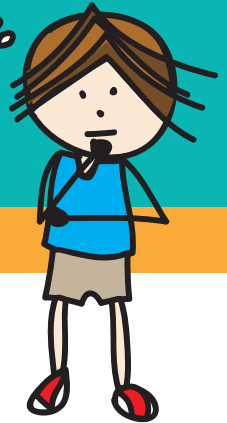
Theme

Task

Objectives

The content of each program visit is summarized below (the topic to be discussed and the activity to be proposed)

VISIT	TOPIC TO BE TREATED	ACTIVITY PROPOSAL
1	Importance of obesity treatment. Acceptance of the situation and personal commitment to change.	The patient will complete a list of pros and cons of performing the treatment, to find their own motivation for the change.
2	Recommendations for the shopping list, to reduce the negative stimulus in the pantry. It is proposed to stimulate physical activity through the use of a steps counter watch.	Reduction of the negative stimulus: the parents sign a commitment to follow the recommendations regarding the shopping list and the food pantry at home.
3	Dietary balance healthy menu: types of food and quantities.	Schedule a weekly menu following the recommendations of a balanced diet, adapted to family preferences.
4	To explore the daily physical activities that can be done and promoted (taking the stairs, walking to school, etc.).	To list physical activities that you could perform and how to replace sedentary activities (such as the use of screen-devices).
5	Anxiety control. Snacking between meals	To think, pointing out those aspects of the diet and exercise that the patient and / or family are aware of that they could improve.
6	Eating habits: to eat with the family, have regular schedules, avoid using screen-devices during meals, serve fair portions at the table.	To establish schedules at home, do not turn on the television during meals, prepare the table with the corresponding portions to each one and without surpluses.
7	To review and reinforce recommendations on healthy breakfast and snack.	Make a breakfast and snack registration of the seven days prior to the next visit.
8	Review and re-education on food amounts to avoid excessive caloric intake. Tips for cooking the necessary quantities without surpluses.	The parents will try to reduce the amounts of food they cook if appropriate, and they will record how many days an excessive amount has been cooked (it is considered excessive if there is left over prepared food, a quantity greater than the recommended one is cooked or someone has been able to have another serving, etc.) .
9	To review the different types of physical activity: regulated, daily activity, displacements, physical activity with the family, etc.	The family will schedule and carry out some physical activity all together (trips, walking, cycling, etc.).
10	Guidelines for weekly food groups, boosting daily fruit and vegetable consumption (4-5 per day); pulses 2-3 days a week, fish 3-4 days per week; prioritize white meat and unprocessed meat. Avoid food X: pastries, sweets, precooked meals. Balanced meals.	Dietary record of the week previous to the next visit.
11	Planning the household shopping with common sense. Strategies to avoid excess of food with low nutritional value and high energy density.	Planning the meals that will be cooked in a week and make the shopping list according to the planned menu.



Obesity is one of the most serious public health diseases of the 21st century.

What is obesity?

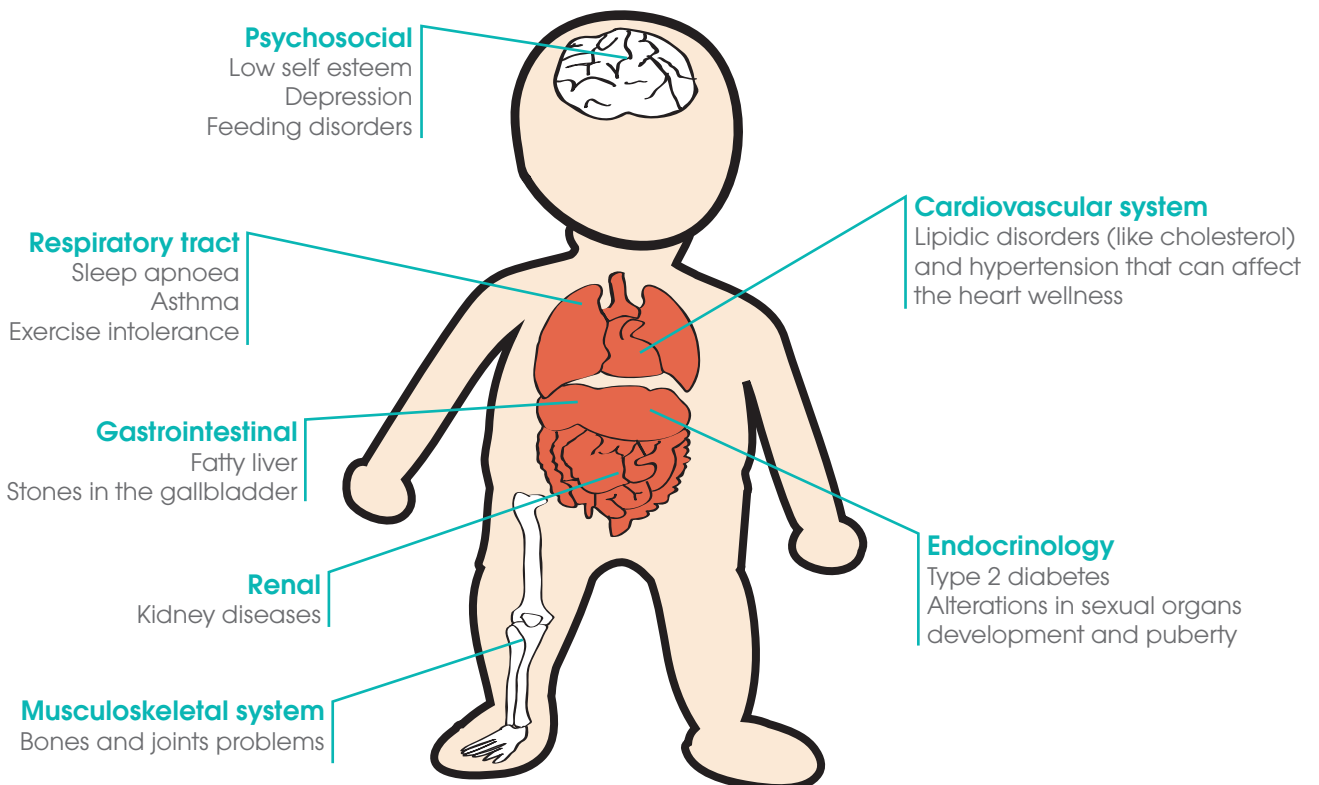
Obesity is an abnormal or excessive accumulation of fat that poses a health risk.

How is childhood obesity diagnosed?

A child has obesity when their body mass index (which is a measure of weight in relation to height) is higher than most children of their age and gender.

Why is it important to lose weight if you suffer from obesity?

Losing weight when having obesity helps to prevent diseases that are associated with obesity and are shown in the following figure.



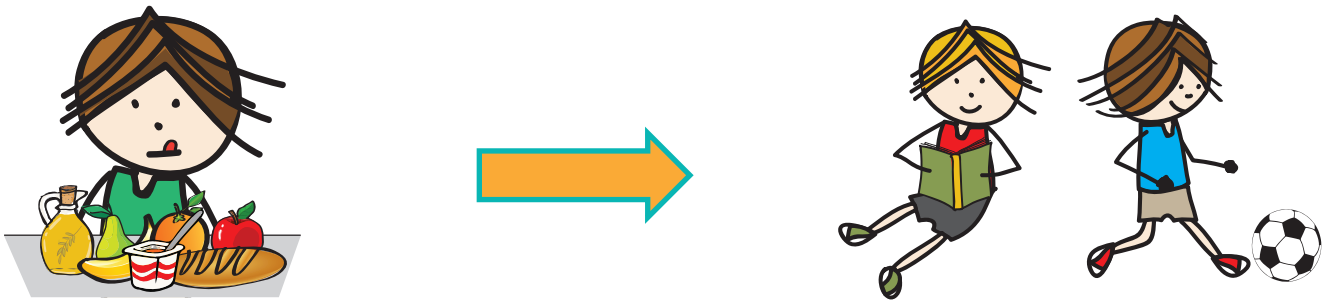
Ebbeling CB. Lancet 2002.

What is the excess fat accumulation?

Think of a car. To run the car we must put fuel, for example, gasoline, which is stored in a tank and the car will use it to move.



People get the energy we need through food and that allows us to move and to work properly. Body fat is a fuel tank for our body (like gasoline for the car) and we need it to work, to play, to run, to move, etc.



When we eat more than we usually spend, these fat deposits get larger and that is what we know as excessive fat.

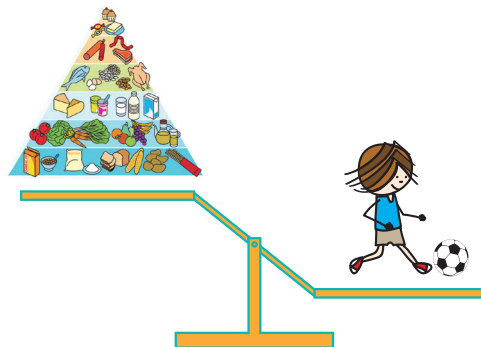


What does to lose weight mean?

Having an adequate weight brings great benefits to our health and, therefore, makes our lives easier.

What do you think it should be done to lose weight?

The secret is to eat balanced and to spend more than you eat to empty the tank!



Do you dare?

Make a list of the positive and negative things about carrying out the weight loss treatment.

What I **WON'T** like by following the healthy habits recommendations?

Lined writing area for negative aspects, featuring a large orange circle with a minus sign at the bottom.

What **BENEFITS** I will have if I follow the healthy habits recommendations?

Lined writing area for positive aspects, featuring a large teal circle with a plus sign at the bottom.

ANTHROPOMETRIC MEASUREMENTS

Date: _____ Weight: _____ Height: _____ BMI: _____

OBJECTIVES FOR THE NEXT VISIT

Anthropometric goal: _____

Dietetic goal: _____

Physical activity goal: _____

SIGNATURES

“Me, _____ herewith I propose to firmly comply
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Participant's signature

Mother/ father/ representative signature's

SHOPPING LIST

It is necessary to be very aware of the products that are purchased to eat healthy. If we buy ultraprocessed products and we store them at home, our children understand that these are foods that are part of a "normal" diet. In addition to confusing them, we also expose our children to health problems.



RECOMMENDED FOOD



NOT RECOMMENDED FOODS

yoghurts VEGETABLES AND FRUITS	Fresh vegetables and fruits (if possible, seasonal and local products)	Pre-cooked vegetables, syrups
CARBOHYDRATES	Dry pasta, rice, dried and cooked pulses, salad corn, potato	Stuffed pasta, pre-cooked dried pasta, pizzas, cannelloni, lasagne, potato chips
FISH	White and blue (fresh or frozen, but not precooked)	Processed breaded fish such as wands, figurines, Roman squid
MEAT	Chicken, turkey, lean pork loin, veal. Cold meat: turkey or cooked ham and cured ham (sandwiches)	Non-lean pork, lamb, Frankfurt, fuet, sausage (fresh or cured), chorizo, bacon, packaged hamburgers, cordon bleu, croquettes
EGGS	Whole eggs	Pre-cooked omelettes
MILK AND DAIRY PRODUCTS	Semi or skimmed milk; natural, sweetened, flavoured or fruit-flavoured yoghurts. Light sliced cheese for sandwiches	Sweet dairy desserts like custards, and ice cream
BEVERAGES	Water (as usual drink) Soft drinks without sugar for special occasions	Packaged juices, soft drinks, stimulant drinks, isotonic drinks
BREAKFAST FOOD	Bread, preferably wholemeal bread. Rarely, bread and wholemeal cookies.	Pastries, cookies and cakes
ADDICIONS	Extra virgin olive oil, vinegar, spices, aromatic herbs	Sauces (e.g. mayonnaise), liquid cream

The pantry

However, it is very important to organize the pantry so that less healthy products or foods for occasional consumption are not in sight or reachable (such as cookies). This way, we can reduce the moments of anxiety or need for snacking.



It is very important to do exercise because it helps us to stay healthy.

To do physical exercise, to play sports or to do all those activities that make us move, such as walking or cycling to school or shopping, taking the stairs instead of an elevator, playing at the break time or after class, walking or even going to get a glass of water to the kitchen!



How long do we move after one day?

It is recommended that, in order to lead a healthy life, 10,000 or more steps have to be taken each day.

If we are not used to walking a lot and decide to start a healthy life, we might find it a bit difficult to reach 10,000 steps per day.

Don't worry! The most important thing is to start moving every day and gradually beating ourselves!

Do you know how many steps you take at the end of the day? It is very easy to count the steps you take in a day.

A step counter bracelet could help you. These bracelets count the steps and let us know when we overcome our challenges. They can be a motivating tool.

You could compete with your friends or family members!

Do you dare to be the first of the classification?



As you know, it is important to avoid temptations when we want to start a healthy life. To avoid them, we must start buying in an organized way, based on a shopping list we have previously made, and to structure our pantry, facilitating the access to healthier products.

Therefore, we invite you to make this knowledge a commitment to change that helps your family to acquire healthier habits.

SIGNATURES

"I, _____ , as a mother/father/representative of _____ , pledge to make a healthy shopping list and reorganize the pantry in a way that helps us reduce temptations".

Signature mother/father/representative

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What should we eat for breakfast and afternoon snacks?

A balanced breakfast and afternoon snack should have at least one food from each of the following groups.

DAIRY + CEREALS OR CARBOHYDRATES +FRUIT



Semi-skimmed milk, yoghurt, cheese, fresh cheese, preferably skimmed or semi-skimmed products.



Wholegrain bread, toast, wholegrain breakfast cereals without sugar, oatmeal. Avoid or moderate the consumption of cookies, muffins, pastries.



Fresh fruit, fruit salad, fruit skewers.

Optional complementary foods:

To make the sandwich or in the morning toast: cold meat like cooked or cured ham, turkey, low-fat cheese, cottage cheese, sugar-free jam, extra virgin olive oil, tomato.

To mix with milk: sugarless cocoa.

To accompany: the nuts are healthy, however, they have a high caloric content and it is necessary not to abuse when snacking between meals. We can snack, for example, a handful of walnuts, hazelnuts or almonds with a yoghurt or mid-morning fruit or snack.

Breakfast can be divided into two meals, one when we wake up and one at mid-morning. Look at the following examples!

Breakfast

Milk with a teaspoon of unsweetened cocoa
OR
a toast with tomato and avocado
OR
a yoghurt with chopped strawberries

Mid morning snack

A banana
OR
a cheese sandwich

Afternoon snack

A cheese sandwich
OR
a pear
OR
an apple and a handful of hazelnuts

How should a balanced lunch and dinner be?

It can be structured, either, in a first and second course, or in a single course that includes all 3 types of food. In any case, it is important that all three groups are present on a regular basis, seasoned with extra virgin olive oil.

We can accompany the meal with water as the main drink and add a dessert based on fruit or skimmed yoghurt.

Fish, eggs or meat (3-4 weekly portions each).

Among all types of meat, the most recommended are the white and it is recommended to limit the consumption of red meat to a maximum of 2 times in a week.

Bread, pasta, potato, rice, lentils, beans, chickpeas, peas, corn. Preferably, to consume these foods as wholemeal and unprocessed products.



Steamed vegetables, stew, salad, gazpacho, soup of vegetables, vegetable juices, baked and grilled vegetables. It is recommended to alternate raw and cooked vegetables.

Cooking method and added fats:

It is recommended to use simple preparations (boiled, iron, oven, raw salads) and avoid fried, battered and stewed.

As an added fat, the most recommended fat is the virgin olive oil; it is necessary to consume it daily, in moderation, and avoid other added fats (mayonnaise type sauces, liquid cream, etc.).

LUNCH

Spaghetti with spinach and mushrooms
Grilled fish with slices of grilled zucchini
Grapes

Tomato Salad with Oregano
Cooked lentils with carrots and potatoes
Skimmed yoghurt

DINNER

Lettuce and Carrot Salad
French 1 egg omelette with a slice of whole-wheat bread with tomato
Pear

Baked chicken with potato, eggplant, pepper, zucchini, carrot
Natural pineapple

Design a balanced menu tailored to the tastes of the family

	BREAKFAST	MID-MORNING SNACK	AFTERNOON SNACK
OPTION A			
OPTION B			
OPTION C			



	LUNCH	DINNER
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		

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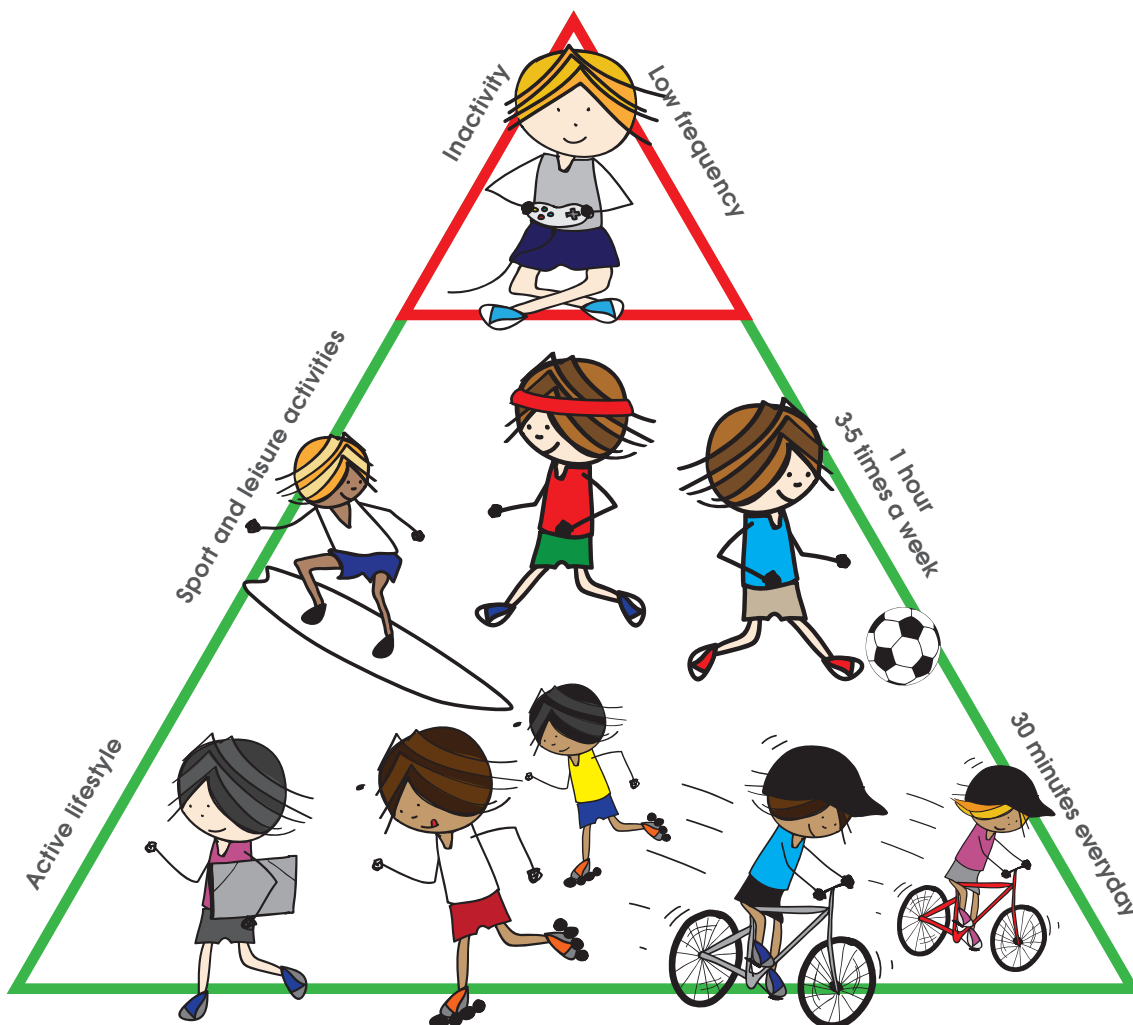


To practice some sport, to do gymnastics or, simply, to play, to walk, to ride a bicycle or to carry out daily activities in an active way is convenient because:

- It helps you feel better with yourself, more energetic, helps reduce stress and perform better in studies.
- It helps to reduce excess weight because it regulates hunger and increases the number of calories spent every day.
- It helps to socialize with other people, to meet new people and share experiences and new sensations.

It IS NOT recommended to spend more than 2 hours a day (even on weekends) to activities such as watching TV, playing video games, playing computer games or playing with mobile phones or tablets.

It IS recommended to have an active lifestyle and practise sports and leisure activities 3 to 5 times a week.



* Adapted from: Pyramid of physical activity in childhood and adolescence. Generalitat of Catalunya.

STRATEGIES TO INCREASE PHYSICAL ACTIVITY DAY BY DAY

1. Accumulate 60 minutes a day of physical activity doing activities that you like. It is not necessary to do them at once: if you have 10 minutes, take the opportunity to move.
2. Go to school and extracurricular activities walking or cycling, avoiding using public transport and the car.
3. Go up the stairs instead of using the elevator or mechanical ramps.
4. Go daily to: walk the dog, go for a walk, go to visit family or friends, walk on the beach, skate ...
5. Collaborate in housework.
6. Try not to spend, in total, more than 2 hours a day in front of the screens.
7. Remember that get some time each day to exercise helps to improve your grades at school!
8. Weekend activities are also included!



HOW MUCH EXERCISE IS NECESSARY TO BURN THE FOOD CALORIES?

FOOD	CALORIES	PHYSICAL ACTIVITY NECESSARY TO BURN IT		
		Walk	Run	Bicycle
1 pizza	1100 kcal	3 hours 40 min	1 hour 50 min	2 hours 45 min
1 hamburgers + beverage + chips	900 kcal	3 hours	1 hours 30 min	2 hours 15 min
1 icecream	250 kcal	50 min	25 min	38 min
6 cookies	240 kcal	48 min	24 min	36 min
1 donut	209 kcal	42 min	21 min	32 min
1 little bag of chips	162 kcal	33 min	16 min	25 min
1 can of soda	149 kcal	30 min	15 min	22 min
3 chocolates	140 kcal	28 min	14 min	21 min
1 glass of milk + 1 tsp cocoa powder	100 kcal	20 min	10 min	15 min
Una orange	69 kcal	14 min	7 min	10 min
1 green salad	33 kcal	6 min	3 min	5 min

Write a list of the activities you could do to increase your physical activity and have an active lifestyle.

What can you do to replace some hours of sedentary activities?



REGULATED SPORTS ACTIVITIES

DAILY LEISURE ACTIVITIES

DISPLACEMENT TO DAILY ACTIVITIES

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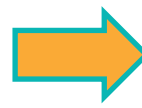
Mother/ father/ representative signature's



What is snacking out of meals?

Eating small amounts of food, quickly outside mealtimes, and at any time. Normally when we snack:

- We are not very aware of what we eat.
- The food does not satisfy us.
- The snack increases our intake of daily calories.



**SNACKING
IS NOT HEALTHY**

Why do we snack?

We sometimes snack because we are bored, anxious or stressed, and also because we have the food within reach. We can prevent children from eating certain kinds of food by hiding it in places that are not accessible to them.

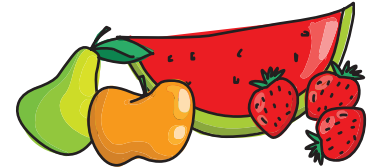
Recommendations for snacking out of meals

- Split your food intake into frequent small meals, have 5 to 6 meals a day.
- Set mealtimes and above all do not skip any.
- Hard food needs to be chewed longer, which reduces the sensation of anxiety or an "empty stomach" (raw salad, carrots, celery, toast, bread sticks, cucumber).
- Place food with high sugar and fat content (chocolate, potato chips, candy, cakes, pastries) in inaccessible places in opaque containers.
- Remember that whatever you don't buy, you don't eat.
- Make a list of activities you can do to entertain yourself and not think about food.
- Learn to relax and avoid tension that creates anxiety, for example by doing yoga, tai-chi, relaxation and breathing exercises.
- Drink water, it fills the stomach and reduces the feeling of hunger.

What could we snack in exceptional cases?

• DRINKS:

Sweetened infusion (tea, chamomile, peppermint, Maria Luisa, linden, Valerian).
 Tomato, carrot or other vegetable juices (1 glass).
 Soft drinks
 Homemade sweetened lemonade.



• FRUITS:

A slice of watermelon or melon
 7 or 8 strawberries
 A baked apple without sugar
 2 apricots or 1 peach, 2 tangerines, 1 kiwi, 1 orange
 1 medium carrot

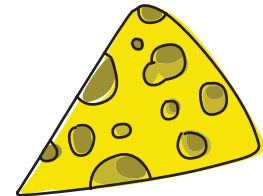
• CEREALS:

A toast of bread
 1-2 tablespoons of fibre-enriched cereals, without sugar



• DAIRY PRODUCTS:

1-2 tablespoons of cottage cheese or fresh low-fat cheese
 A thin slice of low-fat cheese
 1 natural yoghurt without sugar or sweetened



• OTHERS:

A serving of cockles, natural clams or mussels with lemon
 Sugar-free candies or chewing gum
 Ice lolly 0% sugar, or ice lolly made with diet soda
 Homemade ice cream made with skimmed yoghurt, fruit (and sweetener)

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The family (parents, siblings, grandparents, aunts and uncles, etc.) have a great influence on children's eating habits, such as the type of food that each member eats (do all family members eat the same thing?), the amount of food that is offered, as well as the attitudes and relationships surrounding food.

To gain healthy eating habits it is essential to arrange the meals, so they are enjoyable, harmonious, calm and relaxed.

The family needs to work as a team and each member has certain responsibilities:

ADULTS' RESPONSIBILITIES

Eat as a family. Try to arrange timetables to be able to eat together (at least one meal a day).

Establish mealtimes. It is important to eat 5 times a day.

Don't eat in front of the TV or other screens. Using electronic devices while we eat contributes to distracting our brain so that it "ignores" the feelings of being full, which means we tend to eat more.

Promote a good environment at mealtimes. Avoiding arguments at mealtimes is very important for keeping a positive attitude towards food. Each person has their responsibility at mealtimes.

Don't get a second serving. Don't encourage the habit of second serving. The amount of food put on the plate should be the appropriate quantity for each person for that meal.

Be a role model. For a child to gain healthy eating habits, they need a reference model in their family. It is important that the whole family acquires healthy eating habits.

WHY NOT TRY IT FOR ONE MONTH?

CHILDREN'S RESPONSIBILITIES

Contribute to creating a harmonious, calm and relaxed atmosphere. Avoiding arguments will make mealtimes pleasant and eating will not be related to punishments.

Don't complain. There are foods that we don't like but they are good for us. The amount of food each person will eat should be agreed on before you sit down at the table to avoid arguments that disrupt the family harmony.

Do not play with the food or cutlery at mealtimes. It is important to avoid distractions that stop us from communicating with the rest of the family and distract us from the quantity of food we eat so that we do not overeat.

Habits around the table. How should we structure meals?

To promote gaining healthy eating habits at the table it is important to take into account the following recommendations:

- **Cook the right amount of food.** If we cook so there are no leftovers we avoid second serving and overeating. If you cook too much food for a meal, you need to store the leftovers properly before serving the dishes.
- **Serve the food on individual plates.** To prevent children from overeating, it is recommended that you serve the food onto the plates in the kitchen instead of putting the prepared meal in the middle of the table so that each person serves themselves and can have second helpings. If we eat from previously served plates we don't overeat nor waste food (and so we save money too!).
- **Use small plates and small cutlery.** The brain plays a very important role in the feeling of hunger. Food served on a small plate gives the impression that the plate is full and we assume that we have a large amount of food, while the same amount of food on a large plate gives the impression that the plate is half empty.
- **Limit the amount of bread for each person.** Instead of putting the whole loaf of bread on the table, so we can eat it without limits, it is recommended to place an appropriate amount of bread for each person to avoid the temptation to eat more bread than necessary. It is useful to freeze the bread in individual portions and defrost only those that will be necessary.
- **Chew each bite at least 20 times.** Our brain needs at least 20 minutes to understand that we are full; therefore, the faster we eat, the more food we consume. The more we chew our food, the more time we take to eat, and this makes us feel full earlier when we have eaten less. Chewing our food a lot also helps digestion and can prevent stomach aches! That's why small cutlery or chopsticks are also very useful!
- **Drink water at mealtimes.** Sugary and carbonated drinks should not be drunk during meals. The best option is to drink water (1 or 2 glasses) during the meal.
- **Spend 30 minutes for each meal.** Allocating adequate time for eating calmly favours enjoying the meal and feeling satisfied. We must therefore devote enough time to eating, not less than 30 minutes and not more than a reasonable time.



Making changes in our habits is not easy, so we have to propose it firmly. To achieve this, we must first analyse which of our habits are healthy and what we can change to improve our actions at the table.

Below, you can find a table where you are invited to analyse what are your behaviours and what and how you intend to do to change those points that are not completely healthy

	Do we do it yet?	If not, can we improve it? How?
Eat all together		
Eat 5 times a day at the same time (approx) every day		
Avoid electronic devices while eating (TV, phones, tablets ...)		
Promote a good environment at mealtime		
Everyone eats the same menu		
Cook the exact portions		
Serve in individual dishes		
Serve in small plates		
Portion the bread		
Chew at least 20 times		
Drink water during meals		
Spend 30 min for meal		
Others:		

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Balanced, healthy breakfasts

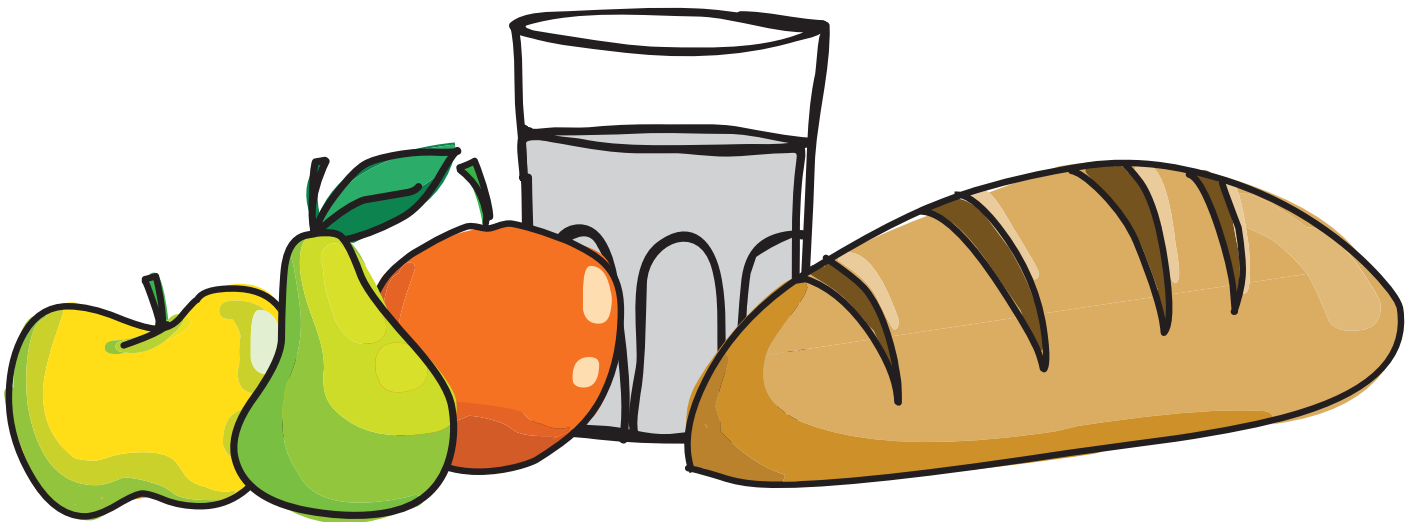
Breakfast can be divided into two small meals, one larger breakfast at home and one at mid-morning at school break time. In a complete breakfast there should be:

Flours (preferably wholemeal): bread, toast, breakfast cereals.

Dairy: milk, yoghurt (preferably skimmed or semi-skimmed) or low-fat cheese.

Fruit: mainly fresh, seasonal and whole fruits. If we replace the piece of fruit with a natural fruit juice, we do not eat the fibre that fruit contains and so it will not make us feel as full. In addition, we eat the sugar of many pieces of fruit!

Protein (optional): ham, turkey or low-fat cheese.



Butter and other fats should be avoided, as well as sweets (sugar, honey, jam, chocolate, cocoa) and packaged fruit juices (these can be drunk occasionally). Cakes and pastries should be avoided and minimized as they only contribute sugar and fat to our body and have no nutritional value.

DON'T FORGET TO EAT BREAKFAST AT HOME!

“I’m not hungry in the morning”

Eating breakfast is an habit. You can start by introducing a small portion at your daily routine, You will notice in a short time that you will be used to it and you won't be able to leave home in the morning without eating something

“I have breakfast at school”

To be productive at school, you will need energy early in the morning. In addition, if you eat too much during the break, you won't be hungry at lunch time.

EXAMPLES OF BALANCED AND HEALTHY BREAKFAST AND SNACKS

BREAKFAST	MID-MORNING SNACK	AFTERNOON SNACK
Salad fruit and 1 skimmed yoghurt	Small ham and cheese sandwich	1 glass of skimmed milk and a handful of wholegrain cereals and 2 mandarins
1 glass of skimmed milk and a slice of bread with low-fat cream cheese and jam without sugar added.	Grapes and 1 skimmed liquid yoghurt	A ham sandwich and 1 kiwi
1 glass of skimmed milk and a handful of wholegrain cereals	1 apple	1 small low-fat cheese sandwich and 1 orange
1 glass of skimmed milk and 2 toasts with ham	A handful of hazelnuts and 1 skimmed liquid yoghurt	1 yoghurt and a handful of wholegrain cereals and chopped strawberries
1 glass of skimmed liquid yoghurt and 1 banana	1 ham sandwich	1 yoghurt, a handful of walnuts or hazelnuts and 1 apple

Write down every breakfast and snack you eat in a week. Complete it the week before the next visit. Please, do not forget those snacks you eat out of mealtime, despite they are not considered healthy foods!

BREAKFAST

MID-MORNING

AFTERNOON SNACK

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

SNACKS OUT OF MEALTIME LIST:

ANTHROPOMETRIC MEASUREMENTS

Date: _____ Weight: _____ Height: _____ BMI: _____

OBJECTIVES FOR THE NEXT VISIT

Anthropometric goal: _____

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Physical activity goal: _____

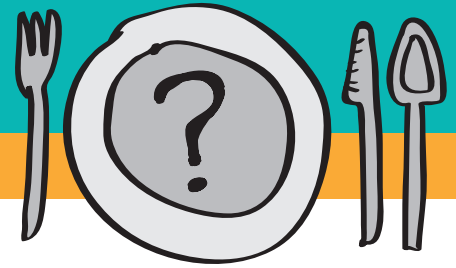
SIGNATURES

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Participant's signature

Mother/ father/ representative signature's

The amount each child should eat depends on the age, physical activity, and other things. These portions are only an average guidance.



Breakfast and afternoon snack

A balanced breakfast or afternoon snack consist of a dairy product, cereals and fruit. Occasionally we can include proteins.

HOW MUCH IS ONE PORTION OF DAIRY?

It is recommended 2-3 portions of dairy products per day. We can eat them at breakfast, as a lunch or dinner dessert or as a snack. One portion is:

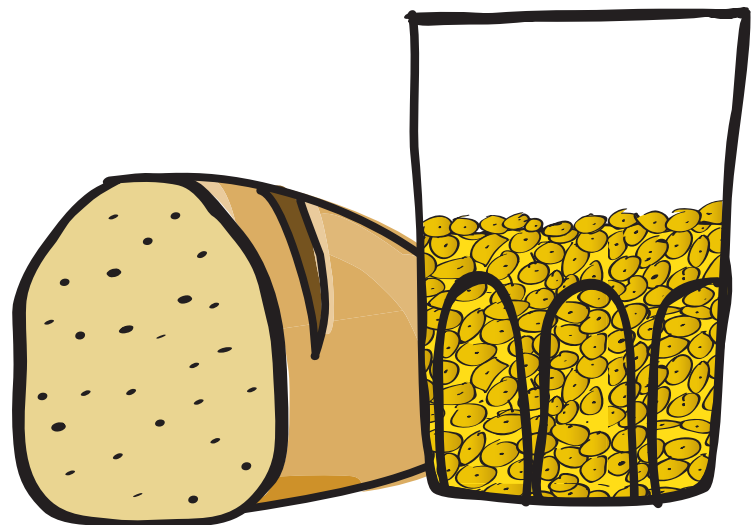
A 200 ml glass of semi-skimmed or skimmed milk or
2 skimmed yoghurts or
80 g of soft cheese or
40g of low-fat cheese

HOW MUCH IS ONE PORTION OF CEREALS?

50g of wholegrain bread
30g of wholegrain breakfast cereals
40g of wholegrain toasted bread

HOW MUCH IS ONE PORTION OF FRUIT?

1 small piece of fruit (150-200g)
5-6 strawberries
1 banana
1 slice of melon or watermelon
2 slices of pineapple



Lunch and dinner

Lunch can be made up of a first course and a second course that include the three food groups VEGETABLES, CEREALS AND CARBOHYDRATES, AND PROTEIN plus a dessert of FRUIT OR DAIRY.
But a balanced meal can also be one dish that includes the three food groups.

HOW MUCH IS ONE PORTION OF VEGETABLES?

We need to eat 2 portions of vegetables every day. One portion is approximately:

1 tomato, carrot, artichoke, etc.
1/2 capsicum, eggplant, zucchini
12-15 green beans
125 g chard or spinach

HOW MUCH IS ONE PORTION OF CEREALS OR FLOURS?

We need to eat 4 portions in one day, counting breakfast, lunch, afternoon snack and dinner:

3-4 small slices of bread (40-60 g),
4 small pieces of toast
1 plate of rice or pasta (50-60 g raw / 150-200 g cooked),
6 tablespoons of cereal (30 g),
1 plate of peas (150-200 g)
1 plate of pulses (60-80 g raw / 150-200 g cooked)
6-8 plain biscuits (30-40 g)

When there is an excess of body weight and/or low physical activity, it is recommended to reduce the portions as follows (for example):

Pasta, rice and pulses as much as fits in a dessert dish
40g of bread
If we like to eat plain biscuits, maximum of 3-4 units

HOW MUCH IS ONE PORTION OF PROTEIN?

It is recommended to eat two portions of protein per day. Sometimes this is difficult because we tend to eat a lot more than we need. One portion is:

1 60-80 g cut of meat (veal, beef...) or ¼ chicken, rabbit...
75.100 of fish
1 egg
2 thin slices of ham (50 g)
1 plate of pulses

HOW MUCH IS ONE PORTION OF FAT?

Generally, fat is what we use to cook or season with. The recommended daily intake is 3-4 portions a day. One portion is:

1 tablespoon of olive oil (10 ml)
20 g of raw or toasted nuts (almonds, hazelnuts, walnuts).



Mark, every time more food than necessary is cooked or when a family member or the patient has additional serving for a week.

We will consider that it is overcooked if: there is leftover cooked food (even if it is a small amount), if someone has another serving, etc.

	LUNCH	DINNER
MONDAY	There is leftover food <input type="checkbox"/> Someone has another serving <input type="checkbox"/> The patient has another serving <input type="checkbox"/>	There is leftover food <input type="checkbox"/> Someone has another serving <input type="checkbox"/> The patient has another serving <input type="checkbox"/>
TUESDAY	There is leftover food <input type="checkbox"/> Someone has another serving <input type="checkbox"/> The patient has another serving <input type="checkbox"/>	There is leftover food <input type="checkbox"/> Someone has another serving <input type="checkbox"/> The patient has another serving <input type="checkbox"/>
WEDNESDAY	There is leftover food <input type="checkbox"/> Someone has another serving <input type="checkbox"/> The patient has another serving <input type="checkbox"/>	There is leftover food <input type="checkbox"/> Someone has another serving <input type="checkbox"/> The patient has another serving <input type="checkbox"/>
THURSDAY	There is leftover food <input type="checkbox"/> Someone has another serving <input type="checkbox"/> The patient has another serving <input type="checkbox"/>	There is leftover food <input type="checkbox"/> Someone has another serving <input type="checkbox"/> The patient has another serving <input type="checkbox"/>
FRIDAY	There is leftover food <input type="checkbox"/> Someone has another serving <input type="checkbox"/> The patient has another serving <input type="checkbox"/>	There is leftover food <input type="checkbox"/> Someone has another serving <input type="checkbox"/> The patient has another serving <input type="checkbox"/>
SATURDAY	There is leftover food <input type="checkbox"/> Someone has another serving <input type="checkbox"/> The patient has another serving <input type="checkbox"/>	There is leftover food <input type="checkbox"/> Someone has another serving <input type="checkbox"/> The patient has another serving <input type="checkbox"/>
SUNDAY	There is leftover food <input type="checkbox"/> Someone has another serving <input type="checkbox"/> The patient has another serving <input type="checkbox"/>	There is leftover food <input type="checkbox"/> Someone has another serving <input type="checkbox"/> The patient has another serving <input type="checkbox"/>

We do not consider leftover food if an additional portion is cooked for another family member, for another day or for freezing, if this leftover is stored when of serving the individual portions and there is no option to have another serving.

ANTHROPOMETRIC MEASUREMENTS

Date: _____ Weight: _____ Height: _____ BMI: _____

OBJECTIVES FOR THE NEXT VISIT

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Physical activity is essential for a healthy life and better school performance. Physical activity makes us feel better and happier. If we are not used to do sport, the first days we'll feel very tired, but we will feel much better in a short time. We just need to start!

All children should do different activities. Next, we will look at different types of activities we can do:

Regular or daily activities:

Walk. Whenever you can, walk to school, to the shops, to extracurricular activities, etc. We can walk to the activities we do every day, so we unconsciously increase our physical activity.

Walk up and down stairs. If we avoid elevators and escalators, we will gain minutes of daily physical activity!

Help out at home. We can do exercise without leaving home!

Take a dog for a walk. If you have a dog, you can go out walking with it. Dance at home

Dynamic games with the Wii at home

Other activities you can do every day:

Play at school break times and play games that involve moving or running after school like "hide and seek" and "chase" or any game you can think of. You can try to invent a new game with your friends.

Jump rope

Regulated sports or activities

Each person has different skills. So, it is helpful to know yourself, know your strengths and what you like to do for choosing a sport or physical activity. It is good to choose physical extracurricular activities. We have to choose what is fun for us and makes us feel good!

Individual sports: racket sports (tennis, badminton, paddle, etc.), swimming, athletics, martial arts (karate, taekwondo, judo, etc.), fencing, aerobics, ballet, Pilates, Zumba, skating, rhythmic gymnastics, skiing, snowboarding, surfing, cycling, etc

Team sports: football, basketball, handball, volleyball, rugby, hockey, synchronized swimming, water polo, etc.

Remember!

1. The aim is to move and have fun.
2. The important thing is not to win, but to participate. If you start to do a sport after a long period of inactivity start with gentle exercises and increase the intensity
3. If you start to practice an activity, it is highly probable that you feel tired, exhausted! Don't worry, don't give up! You will feel it much easier and less exhausting in a short time. That's what we are looking for, your success!
4. The best option to be hydrated is to drink water.
5. Encourage your friends to do sport with you!

FAMILY PHYSICAL ACTIVITIES

Family is a very important part, maybe the most important one, to promote the physical activity in the children.

Children get some habits mainly imitating their parents, brothers, grandparents and caregiver. Hence, it is very important that all the family get healthy habits.



When you plan the weekends or holidays, dedicate a moment to make active proposal, for example:

Go for a walk

Play with a ball, playing hide-and-seek.

Cycling or skating

Go for looking for asparagus, mushrooms, snails...

Hiking

Go to the beach for a walk, swim, play with beach tennis rackets, play football, play volleyball

Practicing some sport in family

Go to the park

Go to the swimming pool

Go to camping

Take care of a vegetable garden at home



Plan leisure activities with the family. They can be different types of activity, in different places, the same day or different days.

DATE	HOUR	PLACE	WHO'S UP FOR THIS?	WHAT WILL WE DO?

ANTHROPOMETRIC MEASUREMENTS

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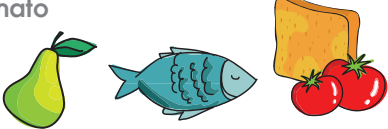

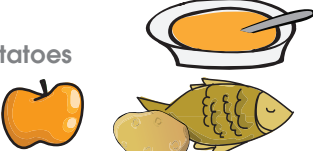










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Weekly balanced food

DAY	LUNCH	DINNER
MONDAY	Salad Pulses Fruit 	Toast with tomato and blue fish Fruit 
TUESDAY	Pasta with vegetables and chicken Skimmed yoghurt 	Vegetable broth Fish with baked potatoes Fruit 
WEDNESDAY	Rice with vegetables and egg Fruit 	Soup White meat with vegetables Skimmed yoghurt 
THURSDAY	Pulses with vegetables Skimmed yoghurt 	Vegetable and potato puree Egg (omelet or fried without oil) Fruit 
FRIDAY	Vegetables + potatoes Lean red meat Fruit 	Vegetables Fish with rice Skimmed yoghurt 
SATURDAY	Salad Pasta with meat Skimmed yoghurt 	Bread (pizza-like) with vegetables and low-fat cold meat Fruit 
SUNDAY	Vegetables Rice Fish and seafood Fruit 	Egg (omelet or fried without oil), bread, vegetables (boiled, grilled or baked) Fruit 

WEEKLY BALANCE BY FOOD GROUPS

Daily portions and recommended consumption frequency for each food group.

FOOD GROUPS	DAILY / WEEK PORTIONS	
Grain foods (bread, pasta, rice, potatoes, pulses) (better wholegrain) Pasta Rice Pulses Bread Potatoes Others	4-6 portions/ day 2-3 portions/ week 2-3 portions/ week 2-4 portions/ week 2-3 portions/ day 3-4 portions/ week 1-2 portions/ week	
Vegetables	2 portions/ day	
Fresh fruit	3 portions/ day	
Olive oil	3-6 portions/ day	
Milk and dairies (milk, yoghurt, cheese) (semi and skimmed)	2-3 portions/ day	
Meat, fish, eggs and pulses Fish and seafood Lean meat Eggs	2 portions/ day 3-4 portions/ week 3-4 portions/ week 3-4 portions/ week	
Dried fruit	3-7 portions/ day	
Water	4-8 portions/ day	
Junk foods (sweet beverages, sausages, snacks, sweets, bakery food, pre-cooked food...)	Occasional consumption (the fewer, the better!)	

Write down everything you eat in a week. Do it the week before the next visit. Don't forget to write down all those consumed foods and beverages (water is not necessary), although there are not healthy.

	BREAKFAST	MID-MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

ANTHROPOMETRIC MEASUREMENTS

Date: _____ Weight: _____ Height: _____ BMI: _____

OBJECTIVES FOR THE NEXT VISIT

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The Menu

To have healthy eating habits it is helpful to plan your shopping. Look what you have at home and make a shopping list of all the products you need then go shopping after eating to avoid buying tempting foods that are less healthy.

In order to buy healthy food and shop consciously, it can be very helpful to plan the menu for the whole week and to make the shopping list based on that menu. If you prefer to make small daily purchases, you can plan a one-day menu and go shopping the day before!

Well, first we have to plan our menu:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Milk, tuna sandwich kiwi	Liquid yoghurt Ham sandwich Strawberries	Milk Breakfast cereals Cherries	Yogurt, Light cheese sandwich Banana	Milk Soft cheese toast	Skimmed yoghurt bowl with chopped banana and oat.	Liquid yoghurt Toast with Philadelphia and light jam

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH	Green beans and potato Grilled chicken Banana	Grilled salmon garnished with salted ushrooms and spaguetti with tomato sauce Kiwi	Rice, lentils and lettuce salad Yogurt	Chickpeas with spinach and hard-boiled egg Walnuts	vegetables soup baked lean fish with half a potatoe Peach	Grilled loin of lean pork garnished with beans and rocket salad Strawberries	Peas salted with onions Grilled squid with lettuce and olives Apple
DINNER	Zucchini soup Omelette Orange	Soup with vegetables and a boiled egg Yogurt	Baked hake garnished with green beans and boiled potatoe Melon	Potato salad with vegetables (lettuce, carrot, tomato) and tuna Yogurt	Vegetable pizza with tomato, mushrooms, onion, ham and cheese Grapes	Salad with nuts Grilled sardines or boiled mussels with rice Banana	Carrot Juice One slice of bread with tomato salad and 2 slices of ham or cheese Pear

Remember that it is necessary to go shopping once a week to have fresh fruit and vegetables. If you don't have much time you can buy frozen vegetables.

Sometimes, buying online can help us not buy more than we need and be able to buy weekly.

The shopping list:

Once we already know what we will eat next week (or the following day) it's time to write the shopping list. To carry out the menu that we have planned, we will need:

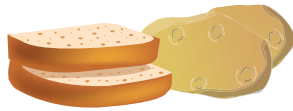
MILK AND DAIRIES

skimmed milk, yoghurt 0%, light cheese, soft cheese and cottage cheese 0%



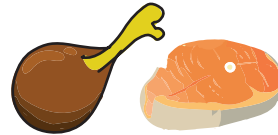
Grain foods

bread or wholegrain toast, cereals, 4-6 potatoes, 1 package of pasta, 1 package of rice, pulses (dry or cooked) and flour (for do the pizza).



PROTEIN

chicken, rabbit, veal, pork ham, turkey, hake, cuttlefish, salmon, tuna hamburger and a dozen eggs.



CANNED FOOD

3 cans of natural tuna, 1 can of white asparagus, artichokes and cockles.



FRUIT

5 apples, 3-4 pears, 0.5 kg of strawberries, 5 kiwis, 4 bananas, cherries.



VEGETABLES

1 lettuce, 3 eggplant, 6-8 tomatoes, 2 onions, 2 peppers, 8-9 carrots, mushrooms, zucchini, pumpkin.



FROZEN VEGETABLES

1 package of green peas, 1 package of vegetable and potato salad, green beans, spinach, chard.



FATS

1 bottle of extra virgin olive oil, 1 package of walnuts or hazelnuts or almonds.



	BREAKFAST	MID-MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

The shopping list:

MILK, YOGURTS AND CHEESE	Yogurts: <input type="checkbox"/> Skimmed natural <input type="checkbox"/> Skimmed flavours <input type="checkbox"/> Skimmed pieces of fruit <input type="checkbox"/> Skimmed Milk: <input type="checkbox"/> Skimmed <input type="checkbox"/> Semi-Skimmed <input type="checkbox"/> Whole Cheese: <input type="checkbox"/> Soft 0% <input type="checkbox"/> Whipped cheese 0% <input type="checkbox"/> Cream cheese light <input type="checkbox"/> Cured light <input type="checkbox"/> Semi-cured light <input type="checkbox"/> Tender light <input type="checkbox"/> Cottage cheese
FRUIT	<input type="checkbox"/> Bananas <input type="checkbox"/> Apples <input type="checkbox"/> Pears <input type="checkbox"/> Kiwis <input type="checkbox"/> Pineapple <input type="checkbox"/> Oranges <input type="checkbox"/> Lemons <input type="checkbox"/> Cherries <input type="checkbox"/> Mandarins <input type="checkbox"/> Watermelon <input type="checkbox"/> Melon <input type="checkbox"/> Peaches <input type="checkbox"/> Nectarines <input type="checkbox"/> Strawberries <input type="checkbox"/> Grapes <input type="checkbox"/> Figs <input type="checkbox"/> Plums <input type="checkbox"/> Apricots <input type="checkbox"/> Persimmons <input type="checkbox"/> Medlar <input type="checkbox"/> Mango <input type="checkbox"/> Pomegranates <input type="checkbox"/> Blueberries <input type="checkbox"/> Raspberries <input type="checkbox"/> Nuts
VEGETABLES	<input type="checkbox"/> Eggplant <input type="checkbox"/> Celery <input type="checkbox"/> Chard <input type="checkbox"/> Spinach <input type="checkbox"/> Zucchini <input type="checkbox"/> Artichoke <input type="checkbox"/> Onion <input type="checkbox"/> Cucumber <input type="checkbox"/> Cabbage <input type="checkbox"/> Cauliflower <input type="checkbox"/> Lettuce <input type="checkbox"/> Endive <input type="checkbox"/> Escarole <input type="checkbox"/> Asparagus <input type="checkbox"/> Beans <input type="checkbox"/> Green pepper <input type="checkbox"/> Leaks <input type="checkbox"/> Tomato <input type="checkbox"/> Carrot <input type="checkbox"/> Red peppers <input type="checkbox"/> Beans <input type="checkbox"/> Turnip <input type="checkbox"/> Potatoes <input type="checkbox"/> Beetroot <input type="checkbox"/> Garlic <input type="checkbox"/> Brussel sprouts
CEREALS	<input type="checkbox"/> Cereals <input type="checkbox"/> Spaghetti <input type="checkbox"/> Soup pasta <input type="checkbox"/> Macaroni <input type="checkbox"/> Rice <input type="checkbox"/> Oats <input type="checkbox"/> Toast <input type="checkbox"/> Bread <input type="checkbox"/> Flour <input type="checkbox"/> Rice cakes
PULSES	<input type="checkbox"/> Chickpeas <input type="checkbox"/> Lentils <input type="checkbox"/> Beans <input type="checkbox"/> Peas
MEAT	<input type="checkbox"/> Chicken <input type="checkbox"/> Pork <input type="checkbox"/> Rabbit <input type="checkbox"/> Beef <input type="checkbox"/> Turkey <input type="checkbox"/> Sausage <input type="checkbox"/> Lamb <input type="checkbox"/> Hamburgers
COLD MEAT FOR SANDWICHES	<input type="checkbox"/> Turkey breast <input type="checkbox"/> Ham <input type="checkbox"/> Cured ham
EGGS	<input type="checkbox"/> Eggs
FISH	<input type="checkbox"/> White fish (sea bass, hake, sole, snapper, trout, etc.) <input type="checkbox"/> Blue fish (salmon, tuna, sardines, anchovies, etc.) <input type="checkbox"/> Squid / cuttlefish / octopus <input type="checkbox"/> Seafood (prawns, shellfish, mussels, clams, etc.)
CONSERVES	<input type="checkbox"/> Olives <input type="checkbox"/> Shellfish <input type="checkbox"/> Natural Tuna /olive oil <input type="checkbox"/> Pulses <input type="checkbox"/> Tomato <input type="checkbox"/> Corn <input type="checkbox"/> Vegetables
FATS	<input type="checkbox"/> Butter <input type="checkbox"/> Margarine <input type="checkbox"/> Olive oil <input type="checkbox"/> Sunflower oil
SEASONING AND OTHER	<input type="checkbox"/> Modena vinegar <input type="checkbox"/> Wine/cider vinegar <input type="checkbox"/> Mustard Ketchup <input type="checkbox"/> Pepper <input type="checkbox"/> Bay <input type="checkbox"/> leaf <input type="checkbox"/> Other spices <input type="checkbox"/> Parsley/oregano/basil
DRINKS	<input type="checkbox"/> Water <input type="checkbox"/> Coffee <input type="checkbox"/> Herbal <input type="checkbox"/> Teas <input type="checkbox"/> Soft drinks
OTHERS	

ANTHROPOMETRIC MEASUREMENTS

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This material has been developed to provide support in the treatment of childhood obesity in the Obemat2.0 clinical trial (ClinicalTrials.gov Identifier: NCT03749200).

Full details of the study's protocol have been published under the following reference: Luque V, Feliu A, Escribano J, Ferré N, Flores G, Monné R, Gutiérrez-Marín D, Guillen N, Muñoz-Hernando J, Zaragoza-Jordana M, Gispert-Llauradó M, Rubio-Torrents C, Núñez-Roig M, Alcázar M, Ferré R, Basora JM, Hsu P, Alegret-Basora C, Arasa F, Venables M, Singh P, Closa-Monasterolo R. The Obemat2.0 Study: A Clinical Trial of a Motivational Intervention for Childhood Obesity Treatment. *Nutrients* 2019. doi: 10.3390/nu11020419.

This research project has involved the participation of researchers and clinicians from the Hospital Universitari Sant Joan de Reus, the Hospital Universitari de Tarragona Joan XXIII, the Universitat Rovira i Virgili, the Institut d'Investigació Sanitària Pere Virgili, primary healthcare teams at the Institut Català de la Salut and Sagessa and IDIAP Jordi Gol.



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CHILDHOOD OBESITY MOTIVATIONAL TREATMENT
MOTIVATIONAL AND EDUCATIONAL WORKSHEETS

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