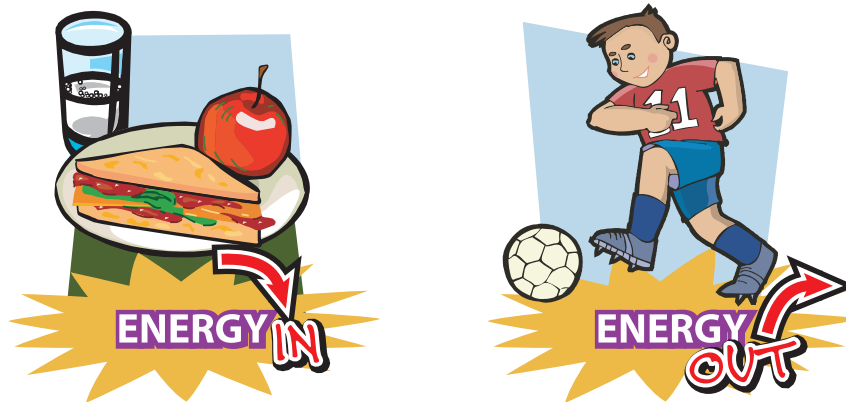


## About Energy Balance



Eating the same number of calories as  
you burn results in no weight change.  
(Weight Balance)

Eating more calories than you burn  
leads to weight gain.  
(Positive Energy Balance)



Eating fewer calories than you burn  
leads to weight loss.  
(Negative Energy Balance)



## Family Meetings



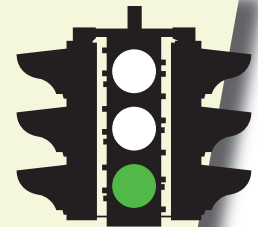
- ▶ Family meetings each day help you mark your progress in making healthy behavior changes.
- ▶ Family meetings help keep motivation high for you and your child.
- ▶ Family meetings provide a chance to solve problems your child may be having in the program.
- ▶ Family meetings give you a chance to praise your child for success.



## The Colors of the TLP Eating Plan

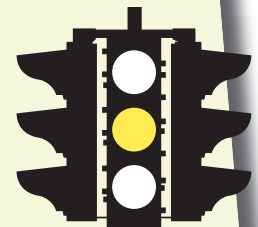
### GREEN means GO!

- ▶ GREEN foods have fewer calories than other foods and are full of nutritional value.
- ▶ GREEN foods have little or no fat or sugar (less than 2 grams of fat per serving).
- ▶ GREEN foods should be your first choice.



### YELLOW means SLOW down.

- ▶ YELLOW foods can give you important nutrition, but YELLOW foods usually have more calories and a little more fat or carbohydrates than GREEN foods.
- ▶ YELLOW foods have 2-5 grams of fat per serving.
- ▶ YELLOW foods should be your second choice when choosing what to eat.



### RED means STOP and think.

- ▶ RED foods are full of calories, sugar or fat (more than 5 grams of fat per serving). They have little nutritional value.
- ▶ RED foods do not help your body stay strong or healthy.
- ▶ All candies, chips, and sweets are RED foods, as well as most oils and fats.
- ▶ RED foods are not healthy choices.

