

Advanced Pediatrics of Rockland, P.C.

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Anticipatory Guidance

Adult (18+)

You should be exercising frequently including cardio workouts such as running, biking or playing ball. We also encourage everyone to lift weights as it increases metabolism and increases bone strength. Decrease use of TV and electronics. Be careful not to overuse social media as it can lead to unrealistic expectations and depression.

Encourage healthy eating for the whole family, including home-cooked meals instead of fast food. Meals should be cooked with water instead of cooking oil, since oil adds a lot of calories without adding any nutrition. Food should be grilled or baked, and not fried. Drink water and try to eliminate caloric drinks including juice and milk. Good Karma unsweetened flax milk is a very low-calorie alternative and contains vitamin D, calcium and omega 3 fatty acids for brain development. You can also use Viactiv Calcium chews for Vitamin D and calcium supplementation instead of milk.

We recommend eating vegetables, low-fat meat and chicken breast, fish, egg whites and beans. While fruit does have nutritional value, it also has a lot of sugar so we try to limit it to one serving a day, especially if weight gain is a concern. Plates should include one-third low fat protein, one-third steamed vegetables without dips, and one-third complex carbohydrates. Make sure you are eating appropriate portion sizes and try to eliminate snacking. It is natural to be hungry between meals.

Use sunscreen during sun exposure to keep your skin healthy and prevent sunspots, wrinkles and skin lesions. Also, be careful with swim safety in order to prevent drowning.

Brush your teeth with a fluoride toothpaste twice a day - in the morning (after breakfast if possible) and in the evening (right before bed). You should be taking an over-the-counter multivitamin once a day for general health and an omega-3 supplement such as fish oil capsules for brain health.

Call us right away, or tell your parents, friend or a counselor if you are feeling depressed, anxious, overwhelmed or suicidal.