

## **Watchful waiting not recommended for childhood obesity**

*New guidelines detail surgery, medication as supplements to traditional methods*

**Run time - :36**

LEDE: New guidelines on childhood obesity say medication and surgery are supplements to diet and exercise. An expert says families need to be all in on the treatment plan. Tim Ditman of OSF HealthCare has more.

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OSF dietician Carly Zimmer says the post-surgery diet is a big responsibility for a child.

*SOUNDBITE: "Generally, it is a calorie-restricted diet. You don't want to eat a lot of high-fat foods. Avoid fried food, high-fat dairy products and concentrated sugars. Staying hydrated is very important."*

Zimmer says don't wait to see if obesity will go away. Take steps now, and don't give up.

I'm Tim Ditman.

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TAG: Other tips for healthy eating include adding a healthy side dish, avoiding sugary drinks, and not focusing on the "clean plate club."