Updated recommendations include:

**Education, parental modeling of healthy behaviors, and prevention of risk**

At each periodic health exam

General advice for all ages:
- Promote a healthy diet and lifestyle with focus on 5-2-1-0: 5 or more fruits and vegetables, 2 hours or less recreational screen time, 1 hour or more physical activity, 0 sugar-containing drinks daily.

**Assessment of body mass index, risk factors for overweight and excessive weight gain relative to linear growth**

General assessment:
- Starting at age 2, calculate BMI percentile at each well child visit and record result.
- Risk factors for overweight including pattern of weight change. Watch for increasing BMI percentile or BMI in the ≥ 85th percentile.