



RED LIGHT, GREEN LIGHT, EAT RIGHT!

January, 2011

Happy New Year! We hope you had a very relaxing and healthy holiday season.

In the next few weeks we will be launching the *Red Light, Green Light, Eat Right* Family Nutrition and Weight Management Program in offices throughout Allied Pediatrics.

Red Light, Green Light, Eat Right is a customizable plan designed to help children and families learn to make healthy food choices leading to weight loss when necessary. The program has a 90% success rate and has been featured on many TV shows, including the Today Show, GMA Health, Nightline, Discovery Health, and every local TV affiliate in New York.

Every effort has been made to make the program successful, accessible and affordable for our patients.

- Joanna Dolgoff, MD, the creator of the program, has committed to helping each family in the program achieve their goals.
- Many visits will conveniently take place at your current pediatric office
- Most of our major insurers including (Empire, Blue Cross Blue Shield, Aetna, Cigna, United, Oxford, Magnacare, Multiplan, and North Shore Health Systems) have agreed to cover some of the services in-network.
- Any services not covered by insurance will be offered at very reasonable rates

HOW DOES THE *RED LIGHT, GREEN LIGHT, EAT RIGHT* PROGRAM WORK?

Child and Adolescent Nutrition Plan

Red Light, Green Light, Eat Right! Child and Adolescent Weight Management Program is a 'traffic light' nutrition plan. Foods are divided into green light (Go!), yellow light (Slow!) and red light (Uh-Oh!) categories. Green light foods are the healthiest, lowest calorie foods. Red light foods are the highest in calories and fat. Yellow light foods fall somewhere in between.

Children's bodies are constantly growing and changing. Nutritional and caloric needs differ at each stage of development. Dr. Dolgoff, a board-certified pediatrician, has used her pediatric medical training and her in-depth knowledge of child and adolescent physiology to determine the appropriate serving sizes and "color" for each food based on these differing requirements.

In addition, sophisticated calorimetry equipment is used to determine each child's metabolic rate and caloric requirement for age-appropriate growth.

The Red Light, Green Light, Eat Right Program at Allied Pediatrics

A *Red Light, Green Light, Eat Right* Registered Dietician will be at your pediatrician's office one day each week. Visits with Dr. Dolgoff may be scheduled in her Roslyn Heights office (just off the LIE) or in a Suffolk location to be determined.

Month 1:

Week 1 Medical Assessment with Dr. Dolgoff

Week 2 Program Introduction with registered dietician at pediatric office

Week 3: Consult with Dr. Dolgoff

Week 4: Follow-up with Registered Dietician at pediatric office.

Month 2:

Week 5: Follow-up with Registered Dietician at pediatric office,

Week 6: Follow-up with Dr. Dolgoff,

Week 7: Follow-up with Registered Dietician at pediatric office

Week 8: Follow-up with Dr. Dolgoff

Month 3:

If the Medical Assessment determines that the child has weight related medical problems such as high cholesterol, high blood pressure, pre-diabetes: same as Month 2.

If child does not have weight related medical problems, insurance will cover one visit with Dr. Dolgoff, and the other weekly visits will be with the Registered Dietician, self-pay \$40.

Because every insurance plan is different, we recommend that you call Dr. Dolgoff's office, 516-801-0022, to discuss insurance coverage. Deductibles may apply.

Read on for more information about Red Light, Green Light, Eat Right.

Initial Visit / Child and Adolescent Medical Assessment

The initial visit consists of a full medical evaluation and physical examination. Dr. Dolgoff will attempt to rule out any medical cause of your child's weight gain and look for subtle signs of medical complications from the weight gain. If necessary, genetic tests for obesity genes will be ordered. Your

child's resting metabolic rate will be determined via an indirect calorimetry breath test.

Your child's program will be developed based on age, gender, height, weight, activity level, and resting metabolic rate. These factors determine recommended daily calorie intake, which dictates how many servings of each color should be eaten at each meal and snack. There is no calorie counting on this plan; it is not a low carbohydrate plan. It simply teaches your child which foods are healthiest and what a normal serving size looks like.

Indirect Calorimetry for Children and Adolescents

Dr. Dolgoff will test your child's resting metabolic rate (RMR) via an indirect calorimetry breath test. RMR is the number of calories your body would burn if you did not move all day; it is the minimum number of calories your body needs to support its basic physiological functions.



Dr. Dolgoff's indirect calorimetry breath test machine uses your child's RMR to exactly determine the maximum number of calories your child can eat each day and still lose or maintain his weight. This allows your child to lose weight without feeling deprived. It also takes the 'guesswork' out of the equation.

Your child's RMR can also be used to compare his metabolism to what is average for his age, height, weight, and gender. Many people blame their child's weight gain on a 'slow' metabolism; this test will determine if your child's metabolism is slower than average or if your child's weight gain is simply due to eating too many calories.

Child and Adolescent Nutrition Sessions

Office visits will be weekly and the plan will be modified, as needed. Indirect calorimetry will be repeated as needed, as resting metabolic rate changes with weight loss and change in lean body mass.

Each Dietician visit includes the 'Nutrition Lesson of the Week' to help parents and children understand why certain foods are healthier than others. Red Light, Green Light, Eat Right! empowers children by giving them the tools they need to make their own healthy choices. Children also receive weekly handouts with hints for healthy eating and daily meal suggestions.

Studies show that professional monitoring during a weight management program leads to better, longer lasting results. No child should start a weight management program without the advice of a pediatrician. Dr. Dolgoff will personally counsel and support your child during her weight loss efforts. Any questions that arise between visits will be answered by phone consultation or e-mail. You and your child will know that you are not in this alone.

Exercise Program

Both Dr. Dolgoff and the Red Light, Green Light, Eat Right! Registered Dietician are former certified fitness professionals. An individualized fitness program will be designed specifically for your child based on the activities that he/she enjoys most. Children who dislike the treadmill will not be forced to run on a treadmill! There are plenty of fun activities that can be included in your child's exercise plan. Fitness is a very important part of Red Light, Green Light, Eat Right!.