

Second-Generation Antipsychotics (SGAs), Appetite, Diet & Activity

Appetite and SGAs

Some children and youth are hungrier when they are treated with second-generation antipsychotics (SGAs).

This change in appetite can lead to weight gain, often around the belly.

Second-generation antipsychotics include:

- > Quetiapine (Seroquel)
- > Risperidone (Risperdal)
- > Olanzapine (Zyprexa)
- > Aripiprazole (Abilify)
- > Ziprasidone (Zeldox)

Can Changing My Diet Help?

Some foods can help you feel full. Eat foods that help increase the feeling of fullness:

Have water-based foods before meals: A large glass of water before a meal helps fill up the stomach and reduce the amount of food you eat. Salads and soups that are mainly broth also work like this. Vegetables and broth-based soups contain a lot of water. They help the stomach feel full. Try:

- > 1-2 glasses of water before meals or snacks when you are most hungry
- > Veggie sticks before dinner
- > Chicken noodle soup as an appetizer

Increase Fibre: Look for breads and cereals with 2 or more grams of fibre per serving. Then work your way up to 4 or more grams of fibre per serving. Foods that are high in fibre include:

- > "Stone-ground" whole wheat bread
- > Brown rice
- > Add barley to white rice
- > Whole wheat pasta
- > Beans and legumes (chickpeas, lentils, etc.)
- a great replacement for meat
- > Vegetables - try to add extra veggies to meals. Grate carrots into pasta sauce, add veggies on pizza or in sandwiches

Nutrition Facts Label

To find the amount of fibre in a food, look at the nutrition facts label.

Nutrition Facts	
Per 3/4 cup (100 g)	
Amount	% Daily Value
Calories 80	
Fat 1 g	1 %
Saturated Fat 0 g + Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 2 mg	0 %
Carbohydrate 15 g	5 %
Fibre 3 g	12 %
Sugars 7 g	
Protein 3 g	
Vitamin A 1 %	Vitamin C 2 %
Calcium 1 %	Iron 3 %



What I Am Doing Already

Example: I eat whole wheat toast for breakfast.

- _____
- _____
- _____
- _____
- _____

“ Children and youth find it easier to make changes when the whole family does it too! ”

Other Ways Food Can Help

Eat regular meals and snacks: Don't let your body get too hungry. When a body gets too hungry, it tends to want to overeat.

Aim for 3 meals and 2-3 snacks per day at scheduled times. If you are hungry at other times, try to distract yourself with a different activity.

It is especially important to eat breakfast. Children and youth who eat breakfast stay at a healthier weight.

Think about drinks: Drink water and milk. Limit juice to a 1/2 cup per day (125mL/4oz) of 100% fruit juice. Stay away from drinks with added sugar such as:

- > Pop
- > Energy drinks
- > Frappuccinos
- > Sports drinks

Other names for sugar to watch out for in the ingredient list are glucose, fructose or corn syrup.

Limit foods that cause weight gain: Some foods are hard to stop eating and so they can cause weight gain. These include:

- > Potato chips
- > French fries
- > Drinks with added sugar
- > Processed meats (sausage, bacon, salami)

Try to keep chips and pop out of the house unless it's a special occasion. Try to eat processed meats only once per week or less.

Mindless Eating: What's That?

Mindless eating is eating when your brain isn't paying attention to how much you're eating. When this happens, it's easy to overeat. For example, when you eat in front of the TV, your brain is paying attention to the TV, not your stomach.

TIPS:

- > Eat at the table with the TV off
- > Try not to eat while in the car!
No dashboard dining
- > Keep tempting food out of sight in cupboards or drawers
- > Try using smaller plates (9" in diameter); they encourage smaller portion sizes

Can mindless eating ever help? Yes! If there's a food you don't eat enough of, keep it around the house. For example, if you don't eat enough fruits or vegetables, have fruit in a bowl in the kitchen. Or have a veggie plate nearby when you're doing homework.

Are You Getting Enough Sleep? Are You Stressed Out?

Kids need sleep for lots of things, but we're starting to realize that good sleep also prevents weight gain.

We also know that when people are under a lot of stress they tend to put on weight more easily.

Need help with these things?
Check out the Healthy Living Toolkits for Families (www.keltymentalhealth.ca/toolkit-families). They have tips to help with getting a good night sleep and managing stress.

Screen Time

Screen time is any time spent in front of a screen, such as a TV, computer, cell phone, or video games. Screen time is sitting time. Very little energy is used during screen time.

We recommend a maximum of 2 hours per day of screen time for children and youth. When you limit screen time, it often leads to an increase in physical activity and health.

IDEAS FOR PARENTS:

- > Find out how much time your child spends in front of a screen. Try to gradually decrease this time. A little less every day!
- > Ask how your child would like to use their screen time
- > Avoid having a television in the child's bedroom
- > Keep the computer in a family area
- > Create a contract with kids: build in breaks for activity within screen time
- > Put stickers on the remote control with activity ideas for commercial breaks - run up and down the stairs 5 times, do 10 sit ups, etc.
- > Try active video games like Wii Fit or Xbox Kinect

“ Think small changes for big effect. Starting with small goals and achieving them builds confidence! ”

Can Activity Help?

Yes! It can increase energy, improve sleep, and lead to better health.

To deal with weight gain around the belly, get active for 30-60 minutes per day most days of the week.

TIPS ON HOW TO START PHYSICAL ACTIVITY:

- > Come up with ideas for favourite activities or perhaps something new to try
- > Find a starting point and build on it. Make small changes that you are most likely to maintain
- > Talk about what stops you from participating. Get help to move past these barriers to meet your goals
- > Parents can be role models and play too - and may end up having a lot of fun!

What I Am Doing Already

Example: I go swimming on Saturday with my family.

- _____
- _____
- _____
- _____
- _____

Ready? Set a Goal!

Now you have some ideas for things that may help you feel full while taking an SGA medication. It's time to make some goals!

Goals that work are usually:

- > Small
- > Achievable
- > Planned out

EXAMPLE:

Small: I need to drink more water.

Achievable: I like water, so it shouldn't be too hard to try to have 1 glass of water before my afternoon snack on weekends.

Plan: Dad is going to give me the glass of water before my snack. He is forgetful sometimes, so he's going to put this goal on the cupboard where the water glasses are, so we won't forget.

MY GOAL:

- _____
- _____
- _____
- _____

Want to Learn More?

Mental Health Metabolic Program:
www.keltymentalhealth.ca/metabolic
or call (604) 875-2010

Mental Health Information:
www.keltymentalhealth.ca

Medication Information:
www.keltymentalhealth.ca/finding-help/medications/antipsychotics

General Information About Healthy Eating:
www.healthlinkbc.ca/dietitian or call 8-1-1

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