

Natural Healing Express Weekly

Column Volume 137 Tips for Helping a Child Eat Healthier

I get asked a lot by concerned parents how to improve their children's diets. This can be a bit complicated because many families have more than one child and sometimes that results in everyone going in opposite directions for school activities, sports, clubs, church, etc.

Parents are left trying to juggle their own work schedules and relationships on top of it. This makes it easy for parents to want to take shortcuts. Sadly, often these shortcuts are centered around eating. The new mantra seems to be "the faster the better so we can get on to our next activity." What is failed to be realized is that faster the better regarding food typically has negative long term results.

So, here's the good news. To quote an old song, "teach your children well". And, the younger the child, the better the results. Helping a child form good habits is much easier when they are young. Take the time and invest. They won't "unlearn" something that serves them so well.

We want a supply of clean, nutritious and high quality food. And, as I have said many times in our classes, if it has a label on it, it is probably not good for you. Same goes for your children. Walk away from it and invest your time in actually preparing your food. Children typically enjoy that process anyways. If you simply can't cook every night, plan "meal days" where you and your family cook two to three days a week and simply store portions in proper containers for the other days.

Remember, processed foods, sodas, and the ever growing market of sugars does NOTHING for your child. Often, it makes certain behaviors and patterns worse than they should be. Break the cycle.

Here are some helpful hints. CLIP AND POST ALERT

1. CHOOSE FRESH OR FROZEN FRUITS/VEGETABLES. Let go of canned fruits/vegetables. Way too much sugar.
2. USE WHOLE GRAINS WITHOUT HYDROGENATED OILS OR HIGH FRUCTOSE CORN SYRUP. Avoid white flour, white sugar breads, cookies and other food with NO nutritional value.
3. IF IT'S NOT A NUTRITIONAL FOOD, DON'T EAT IT.
4. USE YOUR STOVE/OVEN/CROCK POT/TOASTER OVEN. No microwaves. Zaps the nutrients.
5. TEACH YOUR CHILDREN TO READ LABELS. If you cannot pronounce the ingredients, it's probably not a good thing!
6. WATER WATER WATER! Avoid sugary sports drinks. If you want electrolytes, grab a smart water. Or a Spark or a Rehydrate. Many sports drinks in one SERVING (8oz) contain an equivalent of 3 to 5 packets of sugar. Would you let your children eat that out of the sugar bowl? Another alternative is coconut water, but good old fashioned water will get it done.
7. BE POSITIVE. Rome wasn't built in a day, but taking one positive step forward still counts as a step in the right direction
8. MAKE IT FUN FOR YOUR CHILD TO LEARN. You are after all, your child's first teacher. And you were probably fun once too.

9. START NOW. Even if your child is a bit older, get them the info. My belief is that it is NEVER too late to do a body well.

10. And for goodness sake. NO DIET SODA.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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