



September 3, 2015 – Grand Rapids, MI

Healthier Eating for Kids

In the last message before Labor Day, I wanted to provide you with a few references to help your kids eat better. It's something that I've never done before but frankly, I just don't know everything and I'm not going to live long enough to learn it all. I hate that, but every man's got to know his limitations. Yes, that's one of my favorite movie quotes.

Two are books that I referenced in the *Healthy Kidz* webinars; the other two are books by long-time readers who are passionate about helping kids eat healthy. I think you should check them out if you want to help your kids or grandkids to eat healthier.

The first long-time reader is Sara Burton, a registered nurse. She had her grandchildren and other children help draw the pictures in a book called *The ABC's of Healthy Living* (search for the author's name as well as the title). It goes beyond just food and looks at what makes an all-around healthy lifestyle.

The second long-time reader is Shivani Sharma, a registered dietician. She is the author of a book titled *Fairy Food Mother's Color Mystery* for kids. Her approach is to teach kids about eating fruits and vegetables through a fun-filled interactive story.

The next book is *Deceptively Delicious* by Jessica Seinfeld. Yep, that's Jerry Seinfeld's wife. Her approach is to hide vegetables and fruits in food by using purees when cooking. For example, pureed cauliflower in mashed potatoes and pureed yellow squash in mac and cheese.



The last book is *The 52 New Foods Challenge* by Jennifer Tyler Lee. Her approach is to frame cooking with kids as a weekly adventure. She makes it a game and fun for kids to learn all about foods; there's also a competitive aspect to it as well, depending on your kids.

The first two books are aimed at kids; they're very colorful and can be used to read to younger kids and follow-up with questions. As I said, all of these people have a passion for helping children eat healthier; Sara's book is available directly from her, and the other three are on Amazon (as is my book *Real-Life Detox*) and other outlets, if not at your local bookstore. I know there are more of you, and I didn't mean to snub anybody. Keep me posted on what you're doing if you're in the health field.

Happy Labor Day! There will be no Saturday message. But fun times are over, people. It's a long stretch until Thanksgiving. What are you going to do until then to be healthier? It all comes down to:

What are you prepared to do today?

Dr. Chet



Straight Talk on Health

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