



We're not paying enough attention to nutrition.

As parents, we work hard to give our children every possible advantage in life. Yet too often we don't have the time (or don't make the time) to look after their nutritional health. We're too busy. We don't completely understand what eating right means to ourselves. And we're battling some pretty formidable enemies like junk food and fast food.

As a result, our children eat and drink too much sugar, consume too many empty calories, and don't eat enough of the good things they need, especially fresh fruits and vegetables. Because of this, our children will be at risk of developing degenerative diseases like heart disease, cancer, diabetes, and stroke at a much younger age.

Here are a few of the startling statistics:

- **Cancer kills more children today than any other disease.**
- **Over the last 20 years, the number of overweight children has increased by more than 50%, and the number of extremely overweight children has nearly doubled.**
- **40 million American children have abnormally high cholesterol levels.**
- **By the age of 12, an estimated 70% of our children have developed the beginning stages of hardening of the arteries.**

We're not paying enough attention to good nutrition and our children are paying the price. We are allowing our children to dictate what they eat. Instead we need to reeducate them, one step at a time - introducing good eating habits for the whole house, sitting down at dinner and explaining, "There are going to be some changes around here and we as a family need to make them. Mom and Dad will be doing the same as you, eating better."

Can you imagine outliving your children? Unfortunately research suggests the unprecedented will happen:

"For the first time in modern history, the life expectancy of people in developed societies will begin to decrease..."

-Sci Aging Knowledge Environ. 2004 Jun 16;2004(24):re4.