

Our Children Are Our Future!

Improving Health Naturally Newsletter #63



Dr. Carol Watson, RN, ND

BYTES



Juice

Our Children Are Our Future! Let's Keep Them Alive & Healthy!

Are we loving our children to death by allowing them to overdose on television and junk food?

Are you aware that the Average American child:

- Eats $\frac{3}{4}$ pound of sugar per day, that's over 5 lbs. per week!
- Eats $\frac{1}{4}$ pound of fat per day - equivalent to one stick of butter!
- Exercises less than 15 minutes per day & watches an average of 4 hours of television
- By age 12, 70% of children have developed beginning stages of hardening of the arteries
- 50% of children born since the year 2000 will have diabetes by the age of 30!!!!
- Our children born today will have a shorter lifespan than even their parents
- 50% of kids age 2-18 eat less than a single serving of fruit every day
- 25% of school-age kids do not consume even ONE serving of veggies a day
- 25% of all vegetables consumed are French Fries

Whether your children, grandchildren, nieces or nephews are presently "sick" or not, the sad truth is that dis-ease WILL catch up with them sooner or later. Diseases DON'T JUST HAPPEN! They accumulate over a period of time due to poor dietary and lifestyle choices.....are you

feeding your children for prevention? It is NEVER too late to start! It is statistics such as above that drive my passion to educate anyone who will listen to discover the truth that I have come to know and believe; OUR CHILDREN REALLY DON'T HAVE TO BE OR GET SICK! This month's newsletter is offered to you in an effort to help provide parents & grandparents with a few tips as to how to get healthier foods into their children.

Perhaps one of the most difficult challenges for parents of children who have been accustomed to the Standard American Diet is to make a change in lifestyle. It is important for children to understand, so be sure to teach them why you are making the changes. Share with them your concerns about their health as well as your own. I encourage YOU as the adult, to maintain authority over the food in your home. Parents should decide and make children aware of what foods are acceptable and available in the home. If you take the time to plan ahead, you can save many hours and lots of frustration.

Involve them in grocery shopping and meal planning. Have them assist with making a grocery list, and allow them to choose which

fresh vegetables they would like to try. Take them on an outing to a farmer's market or take them by the colorful produce section of your local grocery store. Another helpful tip: make sure you feed your kids prior to going shopping so they won't want everything in sight!

Disguising Nutrition for Kids

Helpful hints to get your kids to eat healthier foods!

- Put vegetables in a food processor and add to hamburger patties, meatballs or meatloaf.
- Take the kids shopping with you and let THEM pick out a new fruit/vegetable to try each week.
- Finely grate zucchini or carrots and add to pancake batter or muffin batter.
- Add finely chopped cooked vegetables to soups.
- Add freshly juiced carrot juice to store bought vegetable or tomato juice.
- Puree vegetables and add to chili or spaghetti sauce.
- Add grated carrots (or other veggies) to tuna or chicken salad. Try adding grapes & raisins J
- Hide veggies in casseroles, soups and main dishes.
- Serve raw vegetables with a favorite dip. Let the kids graze on these all day.
- Mix peanut butter with freshly ground raw nuts and serve with celery, apples, carrots, etc.



Our Future—Feed them Well

- Use whole grain bread for grilled cheese sandwiches; toasting will hide the color of the bread.
- Go from white bread to 50% whole wheat for one month, and then introduce whole-grain bread. You can make a sandwich using one slice of the 50% bread and one slice of the whole-grain bread. Put the lighter bread on the top and try to "fool" your kids!
- Most children will eat a meal that they helped to prepare, allow them to participate!
- Let them make cookies with you. Use whole wheat and carob chips and they won't know the difference, especially if they are the ones making the cookies. There aren't too many children who will not eat their own baking.
- Sneak some whole-grain cookies into a bag of favorite mixed cookies, and eventually switch them.
- Use cookie cutters to make fun sandwiches with whole-grain bread. Mix whole-grain noodles into regular spaghetti or macaroni and cheese dishes.
- Mix soaked soy bits or crumbled tofu in the ground beef. Slowly increase the soy/ground beef ratio in meals over time and they won't notice that they are eating soy bits instead of ground beef. This works well in chili, spaghetti sauce, sloppy joes, casseroles, soups..etc.
- Trying to wean off of dairy-based milk? Try GRADUALLY adding soy/almond/rice milk to regular milk until one day, all of a sudden, without them realizing it, they are drinking a "dairy alternative!"
- Prepare for snacks "on-the-go": There are a wide variety of healthy, energy-rich snacks perfect for active lifestyles.
- When you need food for the road, try fresh or dried fruit, olives, trail mix, gra-

nola, popcorn, crackers, applesauce cups, vegetarian sushi, nuts and seeds, and nutrition bars. For protein-rich snacks, try a variety of nut butters, nitrate-free deli meats, hummus, cheese and soy products.

- School lunch ideas: How about a vegetarian sandwich on whole-grain bread, some veggie sticks, grain crisps and fruit for dessert. Kids don't like to look "different." Their sandwiches could include lettuce, tomato and avocado, or almond butter with bananas or an all-fruit jam or a pita pocket stuffed with salad or left over veggie pizza or spaghetti.
- Healthy breakfast ideas: granola cereal, yogurt, a sliced apple; scrambled eggs, toast, orange juice; veggie omelet, bran muffin, fruit with yogurt; whole-grain pancakes or waffles topped with berries and/or yogurt; whole-wheat zucchini pancakes topped with fruit; low-fat cheese melted on toast with a piece of fruit; peanut butter (all-natural) and banana slices on an English muffin or a Juice Plus+ Complete Smoothie: One scoop vanilla or chocolate Juice Plus Complete Powder, 1 cup low fat milk or soy/rice/almond milk, ½ cup yogurt (plain), one frozen banana, ½ c. frozen berries (or ice cubes), 1 Tbsp. flax oil or ¼ cup ground flax meal and 1 Tbsp. of natural peanut butter....yummy and GREAT brain food.

Children are very smart and learn quickly. Remember, you are their teacher and the way you react to a changed diet and lifestyle will be seen by your children. When a child begins to ask 'why,' it is important to take the time to explain the health benefits. Education is the key! It may take some time, but be patient, loving

and understanding. The rewards will be worth it! When they become adults, they will thank you for it! The responsibility of your child's health is in your hands; you can do something about it.

And, if you have trouble, like most parents, getting your kids to eat a variety of nutritionally dense, brightly colored, pesticide-free fruits and vegetables, then please do consider participating in the Juice Plus Children's Health Study. There are now over 70,000 families (140,000 total participants) involved in this international study, with a new goal of ultimately 250,000 families to be studied; with participants in 20+ countries. If you are interested in getting Juice Plus+ in capsule or chewable form for your child for FREE, then please contact me, your Juice Plus health partner, for more information to see if you and your child qualify. I am seeking to help as many kids and parents as I possibly can avoid the disease and suffering that Dr. Carol saw this first-hand working almost 20 years as a Critical Care Nurse at the bedside!

Our thanks to Carol Watson, R.N., N.D.; Registered Nurse, Naturopathic Doctor for sharing this educational information.

DISCLAIMER: This information is not meant to diagnose, prescribe for or treat any disease. It is a tool that is offered to assist the individual in making educated choices about his/her personal health and lifestyle. No health claims are made for any product or formula mentioned herein.

*For More Information,
Please get back
with the person who
shared this with you!*

Copyright© 2006

*Our children are our future,
feed them well.*

