

Contents

Authors Note

Chapter 1 - Could Poor Nutrition Happen to Your Child? Learn about obesity and one family's struggle to keep their son healthy. **pg1**

Chapter 2 - Who's to Blame? Is the media, dining out, parents, food manufacturers, or schools? Guess who? **pg19**

Chapter 3 - Cheap Sugar See how your kids are sweetened with refined sugar, high fructose corn syrup and artificial sweeteners. **pg41**

Chapter 4 - The Facts About the "Fast"
What really are the issues with fast-food and can your child escape them? **pg59**

Chapter 5 - Fake Foods: A Little History
How are your child's foods really processed? Read what an expert in the natural-food industry has to say. **Pg69**

Chapter 6 - Trains, Planes and Automobiles
What are the protein, fat and carbohydrate recommendations for your child? Why are they important? And are organic foods really better? **pg91**

Chapter 7 - The "Mighty" Minerals – Calcium Iron, Salt and Water
Is your child getting enough or "too much" of them? **pg135**

Chapter 8 - Overweight Food
How you can avoid "super-sizing" your kids. **pg155**

Chapter 9 - Determine Your Child's Eating Blueprint What kind of eater is your young one? Tips for feeding your "picky," "snacker," "sugar-aholic" or "plain-jane" eater. **pg169**

Chapter 10 - You are Your Child's Cheerleader
How you can encourage your kids to eat right! **pg185**

Chapter 11- Break the Fast!
Jump-start your child's day with this all-important meal! Plus:
Delicious Recipes. **pg195**

Chapter 12 - Homegrown Nourishment: Tips for meals at home You can make quick and easy, healthy meals for your kids at home. **pg213**

Chapter 13 - Cookie Monster Arrested! Story at 11 Feed your kids healthy snacks in fun, creative ways! And find out how to make your food budget work. **pg237**

Chapter 14 - Up, Up and Away From Home Dining Does your child's school really serve healthy foods? What you can do. And what about dining out? Do restaurants offer healthy options? Here's help. **pg253**

Chapter 15 - Body Boosters: Supplements and Vitamins You can provide your child with nutritional insurance by offering them supplements, functional foods and probiotics. Here's how. **pg267**

Chapter 16 - Rev up their Engines
Get your child exercising and having fun doing it! **Pg283**

Conclusion pg 311
Jungle Lesson Scoring pg 312
List of Amino Acids Appendix A
Resources pg 314
Bibliography pg 315
Index

Marie: No, his blood pressure is fine and so far his health is pretty good.

Disease Starts Now



Overweight children grow to be overweight adults. This can lead to serious health problems. The sad part is that diseases once seen only in adults, such as diabetes and heart disease, are now starting to surface in children. The causes related to them—high blood pressure, high cholesterol, and higher demands for insulin—are now seen in overweight kids.

And usually there isn't just one factor affecting these children. The latest catchphrase, "Syndrome X" or metabolic syndrome, describes a combination of these factors—insulin resistance, high cholesterol, and high blood pressure. All make them susceptible to premature development of a wide range of diseases.

Diabetes: Here are some astounding statistics about the development of Type II diabetes in young children (Type II is the kind directly correlated with obesity and insulin resistance):

- Recently, one children's hospital reported that 31% of its patients had Type II diabetes.
- The average age of children diagnosed with Type II diabetes is 13 (the disease used to affect only adults over 40).

Heart Disease: We know that long-term exposure to a high saturated fat diet leads to an increased risk of heart disease later in life.



There is compelling evidence that atherosclerosis (ath-er-o-skleh-ro-sis) (fatty deposits of plaque in artery walls) or its precursors begins in childhood and progresses slowly into adulthood. Then it often leads to coronary heart disease.

Elevated cholesterol levels early in life may play a role in the development of atherosclerosis in adults.

*From: Cholesterol and Atherosclerosis in Children
<http://www.americanheart.org>*

CJS: *Have you noticed any breathing problems or sleeping issues such as sleep apnea?*

Marie: *No, not yet.*

Breathing Disorders: If your child is overweight, he or she may develop breathing disorders such as snoring or even sleep apnea (frequently awakening at night and being sleepy during the day). Sleep apnea has been linked to poor concentration.

High Fructose Corn Syrup (HFCS)

Added sugars, like HFCS, account for about 18% of calories per year for children ages 6 to 11. High Fructose Corn Syrup accounts for about 60 pounds consumed, one of the most common added sugars.

HFCS was introduced in 1970. Over a period of about 20 years, its consumption has increased by about 1000%. (No, that isn't a typo.) HFCS is the single added sweetener in soft drinks and is the sugar used in most processed foods and other beverages. Food manufacturers like using it because it comes from corn, which is plentiful, and is inexpensive to produce.

So what's so bad, you ask?

For one, fructose does not promote the release of insulin. This is important because insulin is the mechanism that helps control appetite and therefore aids in weight maintenance. It does this by sending signals to your kids' brain to let them know they are full. HFCS does not stimulate insulin to transmit this signal, so your young ones will eat more because they do not feel satisfied.

The following is a list of common grocery store items that contain added high fructose corn syrup or other added sugars:

Since colas are common beverages containing HFCS, I've started with a popular cola so you can compare other beverages to it.

BEVERAGES Containing HFCS or Other Added Sugars



Food Product	Grams of Sugar (g)	Approx. Teaspoon Amount (tsp.)	HFCS	“White” Table Sugar	Other Added Sugars
Coke (8oz)	27	7	Y	N	N
Hansens Natural Soda Cherry Vanilla Crème (12 oz)	39	10	Y	N	N
Sobe Strawberry Banana-flavored Beverage (8 oz)	32	8	Y	Y	N
Orange Crème Kwener— <i>water with fruit splash</i> (8 oz)	31	8	Y	N	N
Snapple Juice Drink (8 oz)	27	7	Y	N	Concentrated fruit juice
Red Bull Energy Drink (8 oz)	27	7	N	Y	Sucrose, glucose
Arizona Iced Tea (8 oz)	24	6	Y	N	N
Strawberry Nesquik (2 tbsp)	21	5	N	Y	Malto-dextrin
Swiss Miss Hot Chocolate (1 envelope)	17	4 ½	N	Y	Corn syrup
Dannon Danimals Drinkable Yogurt—Rockin Raspberry (1 bottle)	15	4	Y	Y	N

Chocolate Organic Gummy Bears Natural licorice “Real” chocolate chip cookie dough Natural pies Cheesecake Ice cream sandwiches or bars Caramel or chocolate sauce Ice cream cones Candy	<i>Whole eggs</i> <i>Pure vanilla extract</i> <i>Pure corn starch</i> <i>No HFCS</i> <i>Stone ground unbleached wheat and corn flour</i>
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------

Dippity Doo Da...

Dippity Yay! Foods are meant for enjoyment and what better way to entice your young ones to eat their fruits and vegetables than adding a dip to it. Most adults even tire quickly of eating plain carrots and celery. Boring! So why not add excitement to your kids’ healthy snacks?

Of course, there’s always the basic items added to celery to liven it up such as peanut butter or cream cheese, but what dips make it really exciting?

Try these: Ketchup, barbeque sauce, hot sauce, marinades, bean dip, hummus, relish, soy sauce, teriyaki sauce, apple sauce, or steak sauce.

What about the Salsa? Many kinds of salsa are available such as tomato, green olive, smoky, corn, fire roasted, garlic, chipotle, jalapeno, and picante. Don’t they sound good?

And the Chutneys... Tomato mint, mango, cilantro ginger, apple cranberry, roasted eggplant, papaya, plum, currant, or peanut sesame. Yum!

I know I've packed a lot of information in this chapter on choosing healthy foods. So for those of you that like details, go ahead and take the entire list of items on page 239-245 with you to the store and have at it.

But if you want it short and sweet, here are the five **KEY** ingredients to look for when choosing *any* food item.

1. High in fiber
2. No HFCS
3. No hydrogenated oils
4. No artificial colorings or flavorings
5. Lack of or limited additives and preservatives

Now, close your eyes and see if you can recite these five items out loud.



Bonus Section:

Creating Imaginative Munchies

Along with dipping, your kids really want to enjoy their snacks even if they are healthy. As with cooking their own meals, making their own snacks not only provides “good for you” munchies, but also allows them to use their creative imagination to make something they can be proud of and enjoy.

POP-ON SKEWERS

Have your son or daughter cut up his favorite fruit (apples, bananas, pears, peaches,

