



## Is society setting us up to fail?

The American diet is focussed around nutrients that we need less of, solid fats and added sugar (Anzman-Frasca, 2015). The amount of sugar in food meant for children surpasses the national amount (Anzman-Frasca, 2015). We can set our children up for success just by reducing the amount of sugar they consume! We can supplement the missing sugar in their diet by them consuming fruits that taste sweet.



## How does this happen?

Genetics plays a large role in if our children are going to be obese (Hall, 2018), but we can help our children by providing appropriate nutrition.

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*Healthy children  
grow into healthy  
adults!*

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Some children are at a heavier weight no matter what they eat, but parents/guardians can help when sometimes it might not seem like it.

Parents/guardians can't help with genes we pass on, but we can influence how our children live.

We can also improve our own life-style choices as we help our children.

By promoting healthy life choices now, we can help reduce the risk of health related problems in the future.



## Suggestions

Provide fruits and vegetables daily

- Money tight? Buying frozen fruits and vegetables can last longer than fresh items
  - Frozen vegetables can be hidden in foods (like smoothies) without the taste being apparent
- Use programs provided by the Government
  - Women Infants and Children (WIC)
  - Food Stamps

Add physical actives to the day

- Turn stationery actives into active ones
- Use technology to your advantage
  - Have a set step goal for the day/week
- Make it into a family competition