

Mayo Clinic Medical Edge

Kids Eat Healthy

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
Total running time 1:33	AT DON AND NATASHA HENSRUD'S HOME, PREPARING DINNER IS A FAMILY AFFAIR.
	DON IS A MAYO CLINIC DOCTOR WHO SPECIALIZES IN NUTRITION. HE SAYS GETTING KIDS TO EAT RIGHT IS KEY TO CURBING THE OBESITY EPIDEMIC.
Donald Hensrud, M.D. Mayo Clinic	"OBESITY HAS INCREASED TREMENDOUSLY IN THIS COUNTRY AND THE COMPLICATIONS OF OBESITY ARE ALSO INCREASING."
	COMPLICATIONS SUCH AS TYPE TWO DIABETES, CARDIOVASCULAR DISEASE, HIGH BLOOD PRESSURE,

	<p>AND SOME CANCERS. SO DR. HENSRUD RECOMMENDS RESTRUCTURING MEALTIMES TO MAKE THEM HEALTHIER AND FUN. GET THE KIDS INVOLVED. LET THEM HELP DECIDE AND PREPARE WHAT'S FOR DINNER. START WITH FRUITS AND VEGETABLES.</p>
<p>Donald Hensrud, M.D. Mayo Clinic</p>	<p>“VEGETABLES AND FRUITS ARE BULKY. THEY OCCUPY A LOT OF VOLUME BUT THEY'RE VERY LOW IN CALORIES. AS A BONUS THEY IMPROVE PEOPLE'S HEALTH.”</p>
	<p>IT'S A SIMPLE WAY TO FIGHT OBESITY AND IMPROVE YOUR FAMILY'S HEALTH.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>