

**Medical Edge Radio from Mayo Clinic**

**Healthy Eating Habits for Kids**

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S TODAY'S MEDICAL EDGE FROM MAYO CLINIC.
	EAT YOUR VEGETABLES...MOM REALLY WAS RIGHT WHEN SHE TOLD YOU THAT. BUT NOW THAT YOU HAVE KIDS OF YOUR OWN, YOU KNOW IT'S NOT THAT EASY. WITH CHILD AND ADOLESCENT OBESITY RATES CONTINUING TO CLIMB, DEVELOPING GOOD EATING HABITS EARLY IS VITAL, AND IT REALLY STARTS WITH YOU.
<b>Dr. Donald Hensrud.</b>	"PROVIDE A GOOD EXAMPLE. SO WHEN WE'RE CHOOSING HEALTHY FOODS, WE'RE NOT ONLY CHOOOSING THEM FOR

	OURSELVES, WE'RE MODELING FOR OUR CHILDREN. IF THEY SEE THAT, THEY'RE MORE LIKELY TO CHOOSE HEALTHY FOODS."
	MAYO CLINIC DR. DONALD HENSRUD ALSO SUGGESTS GETTING YOUR CHILD INVOLVED IN MEALS...LET THEM CHOOSE WHAT VEGETABLES AND FRUITS THEY LIKE, AND KEEP IT SIMPLE. A CHILD'S TASTE IS DIFFERENT FROM AN ADULT. ANOTHER TIP... SERVE YOUR MEALS IN COURSES...
<b>Dr. Hensrud</b>	"TRYING TO SERVE VEGGIES AT THE END OF THE MEAL JUST DOESN'T GO OVER VERY WELL. BUT PROVIDING THEM AT THE BEGINNING OF THE MEAL... THEY'RE MORE LIKELY TO EAT THEM."
	FINALLY, DON'T BE OVERLY RESTRICTIVE. EVERYONE NEEDS

	A TREAT NOW AND THEN.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR LOG ONTO MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.