



DO COLORED SUGAR FOODS APPEAL TO KIDS?



Kids may be attracted to the sugar and food-coloring laden snacks that are marketed to them in our modern age, yet at the same time their bodies are still young and have the capacity to develop an attraction to healthy foods as well if they are offered. We want our kids to grow up knowing how to eat nutritious food, yet they typically will select the foods they are exposed to, and what they are used to. Getting them to eat healthy may start with buying healthy foods that taste good, preparing them in delicious ways and substituting items in recipes, where the “health” is unnoticed.

I believe children will select naturally brightly colored foods if offered them, and this requires thinking ahead, buying alternatives and preempting the sugar snack-attack. Put fruits in a bowl where children can see them and take one when hungry. Have regular snack times at mid-morning, mid-afternoon and before bed. Plan the snacks so you can offer healthy alternatives and your kids won't be over at the convenience store buying slurpees and candy. Try fruits and nuts, yogurt or soy yogurt, cereals and bagels with cream cheese. Let them develop a taste for what is good for them and they will learn to eat in a way that will serve them for a lifetime. People who are successful know that eating right is paramount to their success.

Cook vegetables lightly with olive oil to seal in flavor at meals, and encourage your children to try them from the ground up. If children are introduced to vegetables instead of sweet foods as their first foods, they will be more likely to eat them later on. Start them with avocados, peas, green beans, and broccoli and avoid baby foods with colorings or added sugar. Teach them about nutrition starting at a young age, how to select and cook food, and they will cherish it later on. Visit the nutritionist with your kids, where there is something for people of every age!