

## Helping the Picky Eater

No parent likes to battle with their children about the importance of fruits and vegetables. We all know that sweets aren't good for you and we should try to eat more fruits and vegetables. But how do you get a child to eat more of the good stuff. Here are a few tips. Try to include healthier foods into the foods you already eat. For example, add some blueberries to your pancakes, or fresh fruit in your cereal, or even cooked veggies with rice. Don't worry about making your child eat everything on the plate. This will actually lead to overeating and obesity. But if they choose not to eat their healthy food, don't reward them with a sugary snack. And lastly, don't buy sweets and junk food. If it's not in the house, you can't eat it.

### Helpful Links:

- [www.ActiveSpineNC.com](http://www.ActiveSpineNC.com)
- [www.ILiveforHealth.com](http://www.ILiveforHealth.com)
- [www.PainInTheWreck.com](http://www.PainInTheWreck.com)
- [www.JuicePlus.com/+sc36038](http://www.JuicePlus.com/+sc36038)

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Article Compliments of Dr. Spencer Charlet



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