

# **Mediterranean Diet Enterprises**

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**Obesity in children is approaching epidemic proportions (reportedly involving 20% of children today). But parents are still getting not enough help from food and drink manufacturers and distributors, and also not from their friendly schools and teachers.**

**So, parents must take on the task themselves; this is as it should be. An article in Business Week Jan. 9, 2006 will be helpful ("Helping Your Kid Slim Down", by Catherine Arnst, p86). Basic points discussed:**

**"Eat at home.**

**Get your kids to help with the shopping and cooking.**

**Read nutrition labels.**

**Eat together as a family.**

**Don't eat in front of the television or computer.**

**Limit screen time.**

**Keep junk food out of the house.**

**Take a stand against soda and juice.**

**Don't use food as a reward.**

**Figure out what will motivate your child."**

**If you feel that you can't do it yourself, seek out help...from your physician and/or a nutritionist, or even a therapist. It's that important for your kid.**

**GS**