

## Snack and Feel Good

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As you already know there are a lot of overweight people in Canada. If your children's eating habits are unhealthy when they are young, they will grow into being unhealthy and overweight. Canada is one of the most obese countries in the world. Just to show you how bad it is, I will give you an example: 24.3% of Canadian men and 36.2% of females are obese.

Your kids probably love junk food, but there are still healthier alternatives that are tasty. For example, get your kids sweet fruits and vegetables. You could also make a salad with lots of different things that your children like.

Another way to help your kids eat healthier would be to fill out the needed servings of what is on the Canadian Food Guide. You would fill out the appropriate food for the age and gender.

To help your child become healthy, reduce the juice and raise their daily water intake. There are many reasons why it is important to drink water, some of which include:

- 1) regulates body temperature
- 2) helps eliminate waste
- 3) helps carry nutrients and oxygen to cell
- 4) helps convert food to energy
- 5) helps body absorb nutrients

Water is special in the fact that it has no sugar and fat unlike pop, juice and energy drinks.

According to [medicinenet.com](http://medicinenet.com) "Girls and boys who develop unhealthy eating or extreme dieting habits as adolescents are likely to carry those potentially dangerous weight control practices into adulthood." This is because you listen and learn to what your parents say and do so if they are unhealthy eaters the child will become unhealthy and possibly overweight.

Overall, unhealthy eating and snacking habits has and will continue to cause

health problems for Canadians if they don't practice proper eating habits as children. Being taught to make the right choice as kids will be beneficial as you age into adulthood. Healthy eating makes healthy Canadians.