

## BE YOURSELF Families

8. Be a good role model for your kids. Don't drink sodas and excessive juice, yourself. Only offer your child one serving of juice a day, and provide milk, never sodas at meals.

9. If your child just wants to eat unhealthy foods all the time, instead of saying that the food is bad, describe healthy foods as "grow foods" and unhealthy foods as not "grow foods." Then ask them which foods they would prefer. (Do they want to grow up and get bigger?) Avoid, however, bringing unhealthy food choices into your home. Children won't eat what is not available (and neither will parents)! **BW**  
—Cheryl Winter, MS, RD, RN

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*and diabetes specialist. Find out how she can power you to Health, Wealth & Success. Sign up now for the free monthly e-zine, The STEP-POWER Weigh, at [www.HealthStepsRx.com](http://www.HealthStepsRx.com)*



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