

# GABRIELE

## FITNESS & PERFORMANCE



## The FIRST STEP to Getting Your Kids Healthy

By Tom Langton

In the past few weeks I have received a ton of great feedback from parents about their kids' nutrition and the struggles they have everyday trying to get them to eat better.

What I want to do in the next few weeks is offer up a few ideas, strategies if you will, that will help parents improve their kids' nutritional habits, as well as their overall health. I'm going to break down the strategies and highlight each one individually.

I

have 6 STEPS to improve your child's nutrition. I want to make these steps simple and progressive, so they are not causing too many changes in your life, are easy to understand and can be implemented today!

One of the biggest problems people have when trying to improve their eating habits is to change too much, too fast. This is what causes the majority of people to fail on their "diet" ventures.

So don't try to do the same thing with your kids and change everything they are eating at once. The best way to start your children on a road to better nutrition, is to make small, gradual changes, the FIRST and EASIEST one, being ADDING FOODS in, not taking them away.

### STEP 1- ADD FOOD IN, DON'T TAKE IT AWAY

The truth is, you don't even need to tell your kids that they are starting to eat healthier, it actually works better if they have no idea at all. You can become a Nutrition Ninja if you will.

I know what some of you are thinking, what if my kid is already overweight, won't adding more food only compound the problem? In the short term, they may take in a few more calories, but in the long run, this strategy can drastically help improve the QUALITY of the foods your kids are eating.

When you hear the term "MALNUTRITION CHILDREN" what do you think? What image pops into your head? Most people think about a child that looks like this.



By thinking this you are not wrong, but you are missing a HUGE segment of children. Kids like the one pictured above certainly fall into the category of MALNUTRITION, but this generally is not the type of malnutrition we see in the United States. Our malnourished kids look more like this.



A little more familiar? Just keep in mind that MALNUTRITION doesn't mean starving, but a lack of the proper nutrient balance. So being overweight and carrying excessive body fat are sure fire indications that there is some kind of imbalance going on in their diet.

A lot of times this type of imbalance CAN NOT be fixed by simply eliminating certain types of foods or cutting back on calories. By down sizing portion sizes, you are not shifting your nutrient intake, just taking in less of an unbalanced diet. By cutting out entire food groups, like a no carb or low fat diet, you might be causing an even larger shift in the nutrient imbalance.

What is the strategy? How can you get better nutrients in your kid's diet?

Lets start with Vegetables. Add a Vegetable to every meal. That is it, that simple. Do NOT try to complicate it. It doesn't matter what it is, can be broccoli, cauliflower, carrots, onions, peppers, celery or anything you can think of. I don't care if you boil, saute, broil or bake them, they are all great.

I can hear your voices already. "MY KIDS DON'T LIKE ANY VEGGIES!". I'll bet you can find ONE that they will eat. Get creative with it. Peanut Butter on celery stalks in their lunch box, chopped peppers and onions in their scrambled eggs, stick a bunch of lettuce on their sandwich or sneak some veggies into their tomato sauce.

Have you tried spaghetti squash? If you have not, google some recipes right now. Its a great vegetable source and can be hidden in pasta or served with tomato sauce as a side dish.

Are you familiar with mashed cauliflower? I'm willing to bet your kids won't know the difference between them and potatoes, they might even like it better. So lie to them, yes, that's right, lie to your children, it is for their health.

It does not have to be extreme or drastic to make a HUGE difference. I'm willing to bet 99% of your children do NOT eat enough vegetables, ADD them in, ADD them into every meal. This is something that EVERYONE can benefit from.

That's the first step, lets keep it simple. DO NOT take any foods away from them, just make sure they get a good source of vegetables every time they eat.

Good luck, let me know how it goes and I'll talk to you next week with Step 2.  
(If you want a head start on Step 2, check out the book of the week above)

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