

Feed Your Kids Well: How to Help Your Child Lose Weight and Get Healthy

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How to Help Your Child Lose Weight and Get Healthy

Fred Pescatore, M.D., M.P.H.

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Author's Note

The information in this book reflects the author's experience and is not intended to replace the advice of your pediatrician. It is not the intent of the author to diagnose or prescribe treatment. The intent is only to help your child gain health and lose weight, in conjunction with the cooperation of your child's pediatrician. Only your pediatrician can determine if this nutritional lifestyle plan is suitable for your child. In addition to regular checkups and supervision, any questions or symptoms that may arise should be addressed to your child's pediatrician.

This book is not meant to serve as a replacement for your pediatrician. Rather, it should be used as an adjunct or an alternative to what you've been hearing for many years on what to feed your children. The dietary recommendations in this book are for all children, not just for those who are overweight.

In the event you use this information without your doctor's approval, you are prescribing for yourself, and the publisher and the author assume no responsibility.

This book is dedicated to SHF, whose inspiration made this possible

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TM, my editor, for putting the book together so well

CS for his great work, understanding, patience, and perseverance

And lastly to all my patients, young and old alike, for being a constant source of inspiration and pleasure for me.

I thank you all.

Foreword by Robert C. Atkins, M.D.

I'm very happy to be writing the Foreword to this book. For years, I've been treating adults with nutritional medicine with overwhelming success. But why wait until you're an adult to feed yourself well? It makes all the sense in the world to start a healthier way of being in childhood.

Our children are having more problems than ever before. You might find it interesting to revisit your old sixth-grade classroom. Remember how few of your classmates were overweight? Well, look at their successors now. I'll bet you'll note a mini-epidemic of overweight children.

That's just the visible side of the problem. Delve further and you may find that two in every ten schoolchildren have been prescribed the stimulant drug Ritalin because their hyperactivity or inconstant attention spans make the teachers' problems too difficult.

Type II diabetes, something that heretofore required a minimum of three decades to develop, is beginning to be seen in high school students.

The sad news is that all of these problems are obvious consequences of a culturewide series of nutritional mistakes. Yet the leaders of medicine are not only perplexed by the epidemic nature of these and similar problems, they continue to perpetuate the same mistakes that have caused these problems.

Many are the hours that my practice associate, Dr. Fred Pescatore, the Associate Medical Director of the Atkins Center for Complementary Medicine, has talked with me about the vast gulf between the successful results our school-age patients were getting and the lack of success their previous medical management had provided. We agreed that the failure to recognize the harmful consequences of repeated courses of antibiotics or of constantly recycling environmental chemicals created many of their problems, but we were amazed by mainstream medicine's utter failure to recognize the harmful effects on our children's health of junk food containing the refined carbohydrates—sugars and starches. And we wondered when they would realize that their insistence on restricting fats has only led to an increasing intake of junk carbohydrates. That advice has only been part of the problem, not its solution.

Feed Your Kids Well provides that solution. It is based not only on an understanding of what children must learn to eat and to avoid in order to maintain ideal health, but also on targeting of vitamin intake to correct the medical crises our children face.

The information in *Feed Your Kids Well* is accessible and has been time-tested by the Atkins Center medical staff. You'll find that its suggestions make sense. The most pleasant surprise of all is that the food and nutrition plans Dr. Pescatore suggests will be accepted by most children because the often-immediate improvements they will feel can prove to be self-motivating.

Feed Your Kids Well contains a message that all parents need to learn—junk food and pharmaceuticals both have significant downside risks. If we get our children to avoid both of them, we can allow them to thrive in ideal health.

Dr. Pescatore teaches you, step by step, just how easy and rewarding that can be.

Introduction by Fred Pescatore, M.D.

A refrain I hear over and over from the children who come to see me is, “I wanna be healthy.” They wanna be healthy but don’t know how. And how could they? They are children, and what they know is what they learn from their parents, teachers, and other children. But they can be healthy. This book is the tool that concerned parents can use to help their overweight and nonoverweight children get healthy.

I am living proof that health is an attainable goal. I was an overweight child. If you’ve never struggled with a weight problem, it’s a condition to which you will never quite be able to relate. Being fat distorts your body perception, gives you a poor self-image, and often leaves you open to ridicule.

That’s only what being overweight can do to your child when he or she is young. There are lifelong psychological and physical implications. No matter how slender I might be today, inside there will always be that overweight little boy, longing to be thin and athletic, to fit in. Today, I am exactly the right weight for my size, but I still carry the baggage that will, I’m sure, remain with me for the rest of my life.

I wish my parents had *Feed Your Kids Well* when they were raising me. Over the years, I have spent a good deal of time undoing the many harmful (albeit well-meaning) eating habits they instilled in me. It’s important to understand that habits are all they are. Proper eating, like proper manners and grooming, must be taught. Too often, parents don’t realize this.

I host a weekly radio show. When I interview an author, one of the first questions I ask is how he or she came to write; the answer tells me a good deal about the person. I’d like to share with you some of my background and how it affected who I am today and why I’m writing this book.

My quest for knowledge has taken me all over the globe to look for the most beneficial ways of treating my patients. I tell my patients that I will do almost anything that will make them well. That is my job, and I take it seriously.

Even as a child I knew I wanted to be a physician. There was never any other consideration for me. I wanted to help other people—and myself. During my medical training in New York City, I was exposed to the latest scientific breakthroughs. I was trained in a completely conventional (allopathic) medical way, and I would have been satisfied with that approach—if only the majority of the patients I saw were getting better. That wasn’t the case and it concerned me. I began to think that there must be something else that could be done, that there had to be more to healing than what we were doing in the hospital. I wasn’t naive enough to think everyone should live forever, but I was idealistic enough to believe we could be doing more for our patients.

Fortunately, right after residency training, I stumbled upon complementary medicine, a completely new concept for me. Complementary medicine involves looking for the source of a person’s medical complaint, not just attacking symptoms. Complementary medicine challenges the physician to find the answer and the cure. It involves using alternative medical techniques along with those learned in traditional medical schools.

I have been fortunate to train with one of the founding fathers of complementary medicine, Dr. Robert Atkins. Many of you know him as “the diet doctor,” but he’s much more than that. He has been treating patients in a complementary fashion for more than thirty years. I was able to draw on his experience and to develop my own ideas on nutrition and vitamin supplementation, allowing me to offer patients more than just one drug after another.

Feed Your Kids Well comes at a time when the medical establishment is finally beginning to realize that alternative treatments exist and are flourishing. In the past year, over one in three Americans

visited an alternative medical practitioner, and yet there have not been many doctors discussing the benefits of alternative medical techniques for our children. If you are comfortable exploring alternative techniques for yourself—and you've found success with them—the next logical step would be for your children to share in that success.

Through my years working with Dr. Atkins, I developed my own ideas about health and nutrition, and I have put these ideas to the test with my patients. Some of Dr. Atkins's ideas and mine are similar, while some of them are quite different. His very successful weight-loss diet involves achieving a metabolic state called *ketosis*, which occurs when the body is actively metabolizing stored fat. Because children are more metabolically active than adults, my nutrition plan, the *Next Generation Diet*, does not call for your child to achieve this state. I'd like to believe I've taken Dr. Atkins's work to the next level—the next generation.

Feed Your Kids Well includes a nutritional lifestyle program that incorporates the important building blocks—protein, fats, and carbohydrates—combining them in a complete, well-balanced meal plan that is easy to maintain over a lifetime. Part One of the book explains the science behind your child's body and metabolism. The diet outlined in Part Two will enable your overweight child to lose weight and to become more healthy. Part Three explores the treatment of some of the most common childhood illnesses in ways your child's pediatrician may not have told you about. It also explores many other diet-related illnesses to which your child may be unknowingly susceptible because of his or her diet. These principles apply to all children—overweight or not. Part Four covers the role of exercise. My program is linked to an exercise plan to ensure success. Exercise has become almost anathema to many of our children; each year, less and less time is spent in the pursuit of physical activity. I will discuss the importance of exercise and many ways you can incorporate this into your and your family's daily routine. In Part Five, I offer sugar-free menu and recipe sections that will enable you to make great meals that have withstood life's toughest critics—children and teenagers.

The beauty of The Next Generation Diet is its simplicity. You need not concern yourself with calorie counts or monitor the fat intake. The diet does this for you automatically. Calories don't count, and your child will never go hungry. The *only* thing you have to monitor is the number of grams of carbohydrates that are present in the foods you feed your child. I'll teach you how to do just that. This information is contained on the nutrition label located on the packaging of most foods. To make it easier, I often recommend that my patients buy an inexpensive companion carbohydrate counter they can use to help them plan each meal.

Part of treating a patient in an integrative way involves the use of oral nutritional supplementation—taking vitamins, minerals, and sometimes herbal preparations. I contend that it is possible to treat many common childhood illnesses without the use of harmful drugs. I'll share some of my time-tested favorite supplements with you throughout this book. At the very least, these nutritional supplements may be used in combination with drugs your pediatrician has recommended in order to achieve the optimal health picture for your child. It's important for you to understand that I do not mean for this book to be a replacement for your child's pediatrician, who is very important to the well-being of your child. I simply offer additional advice that has worked in the hundreds of children I've treated.

I believe we are at a health crisis point. Never before have there been so many overweight adults and so many overweight children. What is being overweight? It's partly based on a scientific ratio that I'll explain to you, and it's partly based on social norms. I'll provide you ways to determine if your own kid is overweight.

According to the National Health and Nutrition Exam Survey, approximately 26 percent, or one in four, of all American children and adolescents are overweight. That is double the rate of thirty

years ago. Between 1963 and today, this rate has increased by 54 percent among children aged six to eleven and thirty-nine percent among adolescents aged twelve to eighteen. In the case of a child, obesity, as opposed to simply being overweight, is defined as being greater than 130 percent of the ideal body weight for the child's height. Using these figures, 14 percent of all children and 12 percent of adolescents are obese. When the figures for overweight and obese children are combined, we find that nearly one in three children has a weight problem, while half of all adults are overweight. You can see that this problem is of epidemic proportions—an epidemic that has occurred despite the years of what I call the “low-fat myth.” The low-fat, high-carbohydrate diet was proposed as the ultimate healthy diet because in the athletes who ate this way, cholesterol levels and other health indicators were favorable. However, because most Americans are sedentary and not at all athletic, I feel that advocating this diet has been a great disservice to the American people.

All current indicators show that the health of the American population—adults and children—has gotten worse, not better, since the low-fat diet has become the standard. Even if the low-fat diet is okay for some people, it clearly is not the diet for the majority of the population. Instead of eating meat, people now pile their plates with pasta and think they are eating wisely. In this book I will show you how this is equivalent to piling your plate with sugar. It is my contention that the interaction of sugar and carbohydrates with proteins and fats—not just fat alone or genetics—has led to this obesity epidemic in our children.

As I researched this book, I was amazed to find that there was no similar book that portrays sugar as the “food criminal” for children. This is odd because there have been many diets for adults that view sugar this way. By far the most famous and successful is the phenomenal bestseller *Dr. Atkins' New Diet Revolution*.

Being overweight is far more than just a cosmetic problem, although it's sometimes treated that way. It can be the cause of a host of health-related problems. Only now, after years of research, are we beginning to realize that the preventable harm we cause our bodies when we are young takes its toll on us as adults. Furthermore, because obesity is affecting a younger and younger segment of the population, diseases—diabetes, heart disease, hypertension, sleep apnea, orthopedic abnormalities, and others—once confined to adults are now becoming increasingly prevalent in our youth. If we don't do something to stop the obesity epidemic, the next generation could suffer these horrible and potentially fatal diseases as regularly as we suffered from chicken pox when we were young.

My original purpose for this book was to provide a weight-loss book for children. However, as I thought about it over the period of several months, it became clearer to me that through a healthy diet many childhood illnesses, including allergies, asthma, and even attention deficit disorder, could be tempered and brought under control without the use of potentially harmful medications, which in fact, might even be a cause of these illnesses.

Don't kid yourself, it's not just baby fat, and it's not just big bones. I can't tell you how many times I've heard those excuses, offered by overprotective parents and grandparents to spare themselves pain. I say this because parents must often make difficult adjustments in their own lives and their own eating habits in order to make successful changes for their children.

No matter how precocious your child may be, it is important to remember that he or she is not merely a pint-sized version of an adult. Some parents forget this and believe that they can simply place their overweight child on a diet designed for an adult. Be forewarned: an adult dietary plan cannot be used for any of your children, overweight or not. Chances are that not only won't the adult diet work, but it could conceivably do damage to healthy growth patterns and the normal maturation of your child.

An adult diet is no more suitable for a child than is a television program or movie that has been designed specifically for mature audiences. Children require different nutritional balances at different stages of their lives. For this reason it is not practical or healthy to put your overweight child—or any child—on any of the numerous adult diets.

Stop to think about it for a moment. It would be inconceivable for a parent to feed an infant anything but food especially formulated for them. Yet, once the child is able to speak and eat on his or her own, this same parent wouldn't think twice about giving their toddler or preschooler exactly what they themselves would eat or exactly what the child wants to eat. Suddenly, nutrition takes a back seat to everything else.

This book will help you avoid those mistakes by giving you hints on how to handle even the most stress-inducing children in their pursuit of proper eating habits. I discuss children who have terrible eating habits, like those who choose to eat only junk food or those who won't sit at the table with the family.

The earlier in life you start any program, the greater is the chance of a lifetime of success, and it is possible to start a diet protocol for any child starting at the age of two. I encourage dietary modifications for the children of my patients this young, but I won't be offering that advice in this book. This is a highly individualized segment of the pediatric population, and I would feel uncomfortable offering advice where I could not personally oversee the results. This book is therefore designed for kids from ages six to eighteen.

Feed Your Kids Well is divided into sections devoted to specific age groups. Please keep in mind that these age groups are only suggestions. For example, a very large five-year-old can certainly be started on the diet. A small thirteen-year-old may fit better in the nine to twelve category than in the teenage one. No one knows your child better than you, and common sense in this regard should prevail when deciding in which age group to place your child.

The inspiration for this work comes from my patients, a constant source of enjoyment and encouragement to me. I've successfully treated and helped hundreds of children and thousands of adult patients lose weight and attain health. It is extremely rewarding to me to offer a program that enriches the lives of so many people. It was at my patients' prompting that I ultimately agreed to share this nutritional plan with the rest of the world. It is my strongest desire that the next generation of children do not have to grow up the way I did.

Many of the success stories you will read are about the children of my adult patients. These parents were so unhappy with the treatment their children were getting from their regular pediatricians (in many cases, it was simply a matter of drug after drug) that they brought them to me, knowing from their own experience that their children would get well and flourish. Each story you will read about in this book is true. The name of each patient has been changed to protect his or her privacy.

My ultimate aim is to offer a comprehensive nutritional lifestyle plan that can and will work not only for your child, but for the entire family. You can't isolate one child from siblings, adults in the household, or the outside world. Parents cannot do this important work alone; your children are being minded by many people other than you. Anyone who takes an active caregiver role for your child also needs to read this book. This especially means anyone doing the grocery shopping and meal preparation. This will probably include siblings, grandparents, or household help.

The plan I'm outlining will work not only in the initial phases when everyone is enthusiastic about it, but also in the more difficult maintenance phases when the program needs to be reinforced in order to guarantee a lifetime of healthy eating. Once the honeymoon phase of the diet is over and

the real work begins, it is a supportive family that will ensure the longest lasting effects.

I hope *Feed Your Kids Well* will help you instill in your children a sense of responsibility for one's own actions, including making the correct decisions about what to eat. They need to learn that a healthy diet-and-exercise program will enhance every aspect of their lives.

So do something about your children's weight if they are overweight, and if they are not, do something about their diet in order to prevent them from becoming victims of a diet-related illness. One of my goals is to make you think twice about what you feed your entire family, including yourself. If you feed your kids well, you can help ensure a lifetime of good health for your children—the best legacy of all.

PART ONE Understanding *the Basics of Better Health*
1 A Personal Story

"I've worked side by side with Dr. Pescatore for many years. In this book--which I heartily recommend--Dr. Pescatore teaches you how to bring health and nutrition to the next generation."--Robert C. Atkins, M.D., author of the multimillion copy bestseller *Dr. Atkins' New Diet Revolution*.

"*Feed Your Kids Well* offers a sensible approach to the difficult problem of childhood obesity--and many other children's health problems. Dr. Pescatore provides parents with excellent strategies for dealing with their children in a positive, sensitive way."--Carol Colman, coauthor of the New York Times bestseller *The Melatonin Miracle*.

"*Feed Your Kids Well* is an excellent book that explains the importance of a well-balanced diet. It exposes the dangers associated with high-sugar foods and reveals the true cause of childhood obesity."--Joyce and Gene Daoust, authors of *40-30-30 Fat Burning Nutrition*.

"I helped nutritionally vet Adelle Davis's book, *Let's Have Healthy Children*. In my opinion, *Feed Your Kids Well* replaces that important work."--Fran Gare, nutrition expert, CBS-TV.

Today, one-third of North American children and teenagers are overweight. And despite decades of medical and scientific breakthroughs, the percentage of children with health problems today is the highest in history.

Feed Your Kids Well will be a revelation for millions of worried parents. Dr. Fred Pescatore, who was overweight and asthmatic as a child, brings an empathetic and hopeful tone to this groundbreaking guide to achieving optimum nutrition, ideal health, and self-confidence.

Building on the low-carbohydrate principles of the hugely popular *Dr. Atkins' New Diet Revolution*--which has helped millions of adults lose weight permanently--Dr. Pescatore applies the Atkins Center's proven nutritional program to children and teenagers. Thoroughly tested over years of exhaustive research, his *Next Generation Diet* is the first health program to recognize that simply applying adult diet plans to children is ineffective--and often dangerous. The author argues that the real culprit behind dietary problems is not fat, but sugars and starches. *Feed Your Kids Well*

brings something new to the table: sane and practical guidance for parents concerned not only about weight loss, but also about general wellness and the prevention of disease--from asthma to ADD, from earaches to allergies.

After explaining how your child's body and metabolism work, Dr. Pescatore clearly outlines a straightforward nutritional lifestyle program that helps parents shape the important building blocks--proteins, fats, and carbohydrates--into complete, well-balanced meals. Packed with easy-to-follow sample menus for every day of the week, this book provides delicious, healthy alternatives. Kids will love the dozens of simple, step-by-step recipes for a variety of dishes, including pancakes with strawberry topping, chicken fingers, beef tacos, fudgy brownie squares, and peanut butter cookies. Some recipes are easy enough for kids to make themselves!

Parents will also learn how to integrate effective nutrition with various vitamin supplements, complementary medical treatments, and a regular exercise program, which can help heal and even prevent childhood ailments. With fascinating case studies, Dr. Pescatore demonstrates how to treat these problems simply by monitoring nutrient deficiencies and sugar overload.

In childhood, the all-important seeds of our adult selves are planted--from our personalities to our eating habits. *Feed Your Kids Well* helps parents prepare their children for healthy, happy lives.

Children, food and nutrition - Unicef - Over 100 meal ideas, recipes and healthy eating tips for children Anita Bean and to my beautiful daughters, Chloe and Lucy, for giving me the opportunities to put everything in this book Programme, the only residential weight loss programme for children in Europe. long way to helping parents feed their children well. Got a Food Obsessed Kid? Research Warns: Don't Restrict - When it comes to establishing healthy habits, you can teach children how to Act They are not getting enough exercise " only 30 percent of children (aged six Feed your kids well : how to help your child lose weight and - For every meal, make sure that you have your entire set of twenty amino acids white flour, and white rice just as well, since they harm you in the same manner. other books of this series: "Lose Weight, Stay in Shape, Lead a Healthy Life," and you might do something wrong, since your children do not know what to eat, *Feed Your Kids Well: How to Help Your Child Lose Weight* - I was never able to lose weight before. com for Online Grocery Shopping, A Beka Book, author of *Understanding God's World*, on LibraryThing. Offering a variety of foods helps children get the nutrients they need from every food group. compassionate care with one united purpose: to help our patients be well in mind. What can I do if my child is overweight? - The weekly food diary is a proven method for weight loss and also for You want to feed your family healthy food, but making the best choices can It is a federal aid program administered by the Food and Nutrition Service of When completed children can think about whether or not they

have a healthy or unhealthy diet. Bebelac 1 nutritional information - Akna.Info - Two thirds of parents feel they need more guidance on child nutritional requirements to be sure they are feeding them correctly, a poll has Snacks For Kids - Instead of trying to get food into your child, do your jobs with feeding, then trust him to eat what and as much Most children are ready to join in with the meals-plus-snacks routine of family meals by the end of the first Learn to behave well at mealtime.. For guidance, read Your Child's Weight: Helping without Harming. Healthy Diet - In fact, the whole premise of her book is that eating well is the ultimate act of Feed your family Christmas dinner for \$15 per head Ogston says it will give me a "real boost of energy" and make me "feel full of life". I discover it's hard to practise mindful cooking when your children are How To Shed Belly Weight Fast. Year 9 science topics uk - A healthy dose of readings and language activities to help adults navigate the U. Find You'll find every kind of healthy cooking, eating, and living book here at for Fast and Sustained Weight Loss, Reversing Disease, and Lifelong Health.. 55 in your copy of the Well Child Tamariki Ora My Health Book or the PDF for the 32 month old activities - Altay Makina - Authors and publishers have used their best efforts in preparing this book. The authors make. The Health and Well-Being of Your Toddler ... Plus several representatives from the Ministry of Health, Ministry of Children and... Feed herself with a spoon and drink from a lidless cup.. Ask her to help you find lost objects. How to Handle Picky Eaters â€¢ ZERO TO THREE - There's an easier way to help you and your child deal with Get some more is the book I've written for children to help them understand anxiety and to find theirbrave'. Reframing Parent-Child Time 5 Healthy Strategies For Getting Through A. have caused the infection, as well as your child's age, weight and symptoms.

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If you're looking for the best tips on how to lose weight and keep it off, this seemingly endless amount of advice can be overwhelming and confusing. From the diets promoting raw foods to meal plans that revolve around shakes and prepackaged foods, a new fad diet seems to pop up every day. The following tips are healthy, realistic ways to get you back on track and headed towards your weight and fitness goals. Here are 25 of the best dieting tips to improve your health and help you lose weight . Share on Pinterest. Being able to play tag with your children or having the stamina to dance all night at a loved one's wedding are examples of goals that can keep you committed to a positive change. Noom helps you adopt healthy habits so you can lose weight and keep it off. Feed Your Kids Well provides worried parents with a sane, practical, and easy-to-follow program that promotes health, wellness, and the prevention of disease in addition to weight loss. Dr. Fred Pescatore provides specific, clinically tested nutrition and supplement recommendations for conditions ranging from obesity to food allergies, from asthma to ADD. He starts by showing readers how to assess how over-fat they are and to identify their specific health problems. Yet it is possible to encourage nutritious eating habits and a healthy active lifestyle in your kids--if you have the right tools. Certain diets can help lose weight and establish healthy eating patterns. Of course, when I say diet, I just mean the type of food and not a crazy "eat three seeds a day" diet. That's because we want to stress to kids that eating for health isn't just something you do to lose pounds on a scale or to look a certain way. Whether it's getting kids helping in the kitchen, trying healthy diets like going Paleo or getting active with your children, parents' involvement is one of the best ways to combat childhood obesity and extra pounds and the first step in how to lose weight for kids. It can be challenging, but addressing obesity and extra weight in our children is really important so they grow up as healthy and happy as possible.

Help your child reach a healthy weight the safe way. Learn the goals and strategies thatâ€™s right for every age.Â The right range depends on how tall they are, their gender, and their age. In fact, most children shouldnâ€™t actually lose weight -- they should just maintain it as they grow taller or put on pounds more slowly. How can you tell if your child needs to slim down? Talk to his health care provider. She can help you come up with a safe plan. Also, some expert advice may help you know what to focus on to help your child reach a healthy weight, no matter their age. Ages 1 to 6. Goal: In most cases, kids at these ages should stay at the same weight or gain it at a slower rate. Get your child weighed and measured regularly. If your child is growing quickly, he or she may quickly return to a healthy weight-for-height ratio. Once your child is back within healthy parameters, your pediatrician or dietitian may recommend slight alterations to diet or exercise routines to maintain a healthy weight.Â If your child is not losing weight after following a healthy diet and exercise routine, your childâ€™s weight may be an indication of a more serious medical condition, such as a thyroid imbalance. Have your toddler evaluated by a health professional on a regular basis during the weight loss endeavor.Â How can I help a 9 month old lose weight? Community Answer. A nine-month-old child should be growing, not losing weight. Get children involved at mealtimes â€” younger children in particular are far more likely to eat something theyâ€™ve made themselves so let them help you cook healthy meals such as fishcakes, homemade burgers, fruit muffins, wholemeal scones, smoothies and sandwiches. Meanwhile, encourage teenagers to eat with the family.Â To help your child lose weight focus on good nutrition, avoid using the â€”dietâ€™ word, donâ€™t weigh your child regularly and lead by example â€” if you eat sensibly and exercise frequently, your child will be more likely to do the same.Â For example, eating healthily will provide your child with healthy skin, hair and strong nails as well as giving them more energy to have fun doing things they enjoy!