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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Healthy Foods That Your Kids Will Love

By Angela Tyler

Is getting your kids to eat healthy foods is a battle in your home? If so, you'll love these tips that will make your kids happy and give you the satisfaction of knowing you are feeding them foods that are good for them.

Start the Day Right

You can give your kids a delicious, healthy breakfast by getting rid of the ready to eat cereals and pastries and replacing them with bran pancakes and low-sugar syrup and/or fruit. Whole-wheat tortillas filled with fruit, scrambled eggs, or cheese and turkey bacon are delicious and your kids will have fun eating them, paying no attention to the fact that it is actually good for them.

Naturally Sweet

Most kids will ask for sweets such as candy and snack cakes. Instead of giving in to the pressure, give your kids applesauce and homemade oatmeal cookies prepared with a sugar substitute or honey rather than white sugar. Fruit snacks and dried fruit roll ups made from 100 percent fruit are great ideas for kids. Replace fruit drinks and sodas with flavored tonic water and fresh fruit juice. Drink boxes containing pure fruit juice are relatively inexpensive and kids love the individual boxes, complete with straws.

Make it Fun

The secret is in the presentation. Arrange an assortment of healthy foods in a fun way on your child's plate. You can include smiley faces made from raisins or nuts and choose foods that are colorful. Kids will eat most things if they are presented in a unique design that makes eating fun.

Healthy Dinner

Dinnertime can include homemade pizza topped with cheese and vegetables, or soft tacos made with shredded chicken and cheese. Chicken strips prepared in the oven are always a hit and you could

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include an assortment of fresh vegetables and whole–grain breads. Fish sticks are relatively healthy if you prepare them in the oven rather than fried. Cheese and legumes are healthy choices.

It's not difficult to get kids to eat healthy foods. It just takes a little extra thought and planning. Start by using our tips and you may be surprised to see what your child will eat.

Would you rather spend time doing the things you love rather than being stuck in the kitchen?

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has quick recipes for mothers... and others. And, if you are looking for

fun exercise videos for your kids, don't miss

<http://www.funexercisevideos.com>

To Be Or Not To Be... Healthy? The Choice Is Yours

By News Canada

(NC)—Your doctor utters those dreaded words; you must lower your cholesterol or face the possibility of heart disease. You think you will have to give up all the foods you love. However, being healthy does not mean eating a rabbit's diet. Retailers are increasingly helping consumers find ways to eat the foods that they love without fearing the next checkup.

Here are some tips to help you understand how to eat any foods without a big serving of guilt.

Choose and enjoy a variety of foods every day. This will help you maintain a balanced diet.

Eat moderate, balanced portions. When portion sizes are reasonable, it will be easier to eat the foods you want and to stay healthy.

Eat exactly what you're hungry for. If you crave sweet food do not eat something salty. By listening to your body, it will be easier to have control of the food you eat.

Choose foods that use non–hydrogenated oil such as McCain Superfries. Using a non–hydrogenated oil will reduce trans–fatty acids, which are better for managing blood cholesterol levels.

Reduce, don't eliminate certain foods. All foods can fit. Even higher fat and higher calorie foods, when eaten in moderation, can fit into a healthy eating plan. The secret is moderating how much of these foods you eat and how often you eat them.

Balance your food choices over time. Not every food has to be perfect.

Healthy Foods That Your Kids Will Love

Remember to look at the big picture. Select foods based on your total eating patterns, not whether any individual food is "good" or "bad." Remember that healthy eating does not come down to what you ate today or yesterday. Instead, it's about your overall eating habits and the amounts and types of foods that you usually eat.

Use flavouring to spice up food. There are many ingredients such as garlic, lemon juice, herbs, onion, pepper and other spices that can add zest and flavour to your food.

There are no bad foods, only bad choices. Choosing a balanced diet has never been so easy.

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