

How do I improve my family's eating habits?

Childhood obesity is on the rise and with that, comes higher cholesterol levels as well. And here's the bottom line – the decisions and choices you are making today determine your quality of life tomorrow.. and if your children are unhealthy today that leads to an unhealthy tomorrow.

It's simply a matter of education and action. Become your own best advocate, find people to help you and start making small, consistent decisions and choices today that head you and your family towards health. One of the best places to start is in the kitchen. Not only can cooking be time friendly and budget savvy but healthy meals can be delicious as well. Involve the whole family in cooking your meals and you'll see great results. Here's my 5 keys points to follow. 1) buy a healthy cookbook. 2) plan out 7 meals for the week ahead (meal plan on Fridays and shop on Saturdays – 1 meal per day.. using leftovers for other meals). 3) Involve the whole family with washing and prepping fruits and veggies and making the meals (this is time that should be spent together and your children will be much more likely to eat the meals). 4) make notes in your recipes books on what worked, what didn't, what the family thought of the meal, etc. 5) repeat!

In no time, you'll be cooking delicious healthy meals and enjoying quality time together. Two things that will greatly impact YOUR family's health!

Email drheather@yostfamilychiropractic.com for cookbook and recipe ideas.

Information provided by Dr. Heather Yost, DACCP.