

Healthy Eating

Nutrition Comes Alive

by Heidi Diller, RD

(NAPSA)—For today's consumer, food can be a doorway to better health. Yet, for many people, knowing what and how much to eat is a puzzle they may never solve. Anyone who has tried to make a commitment to healthy eating knows the challenge, with



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thousands of products to choose from on store shelves coupled with relentless marketing of high-calorie snack foods and huge portion sizes.

Perhaps as a result, the incidence of adult obesity in the U.S. has skyrocketed and even children have been affected. According to the Centers for Disease Control, one in three children in the U.S. is affected by obesity. As a nutritionist and a mother of two teenagers, this statistic is scary. However, there is something we can do to fight obesity.

I'm always looking for opportunities to demonstrate to my children why and how to make good eating choices—which is why I was thrilled when Albertsons began offering free, educational tours for children. Dubbed "Healthy Eaters Field Trips," these school- or group-organized outings are designed to educate students—prekindergarten through 4th grade—about how to be smart shoppers and to get them excited about healthy eating in a real-life setting.

During the tours, the leader helps kids learn about "sometimes foods" and "always foods" versus "good" and "bad" foods.

"Always" foods include:

- Breakfast: Whole grain cereals and toast, eggs, fruit and oatmeal are foods that can keep you healthy and give you energy.

- Fruits and vegetables: Eat a variety of colors—reds, greens, blues, yellows and oranges. These are good for your heart, brain and eyes.

- Meat: Meat is a good source of protein and iron, which help build strong bodies. Meat can also be a sometimes food because it can contain a lot of fat; you need only two small servings of meat per day.

- Dairy: Milk, cheese and yogurt are sources of calcium and protein, which build strong bones and teeth. Watch your choices, though; some dairy products contain extra fats and sugars.

"Sometimes" foods include:

- Chips, candy, sodas and others that are high in sugar and fat. These foods are okay to have every so often.

The "Healthy Eaters" tour encourages children to take an active role in their health. They're offered in stores in Southern California, Idaho, Montana, Nevada, Oregon, Utah, Washington and Wyoming.

To schedule a "Healthy Eaters" tour for your child's school or group, go to www.fieldtripfactory.com and click on the "Health & Wellness" tab.



Note to Editors: This story is most relevant to the following states: CA, WA, OR, ID, NV, UT, MT, WY.