

## Give Your Daughter The Secrets Of Good Health <sup>TM</sup>

(NAPSA)—“Like mother, like daughter.”

There is no denying the influence a mother has on her daughter—impressions that can last a lifetime. One of the most, if not the most, meaningful contributions a mom can make is to teach her daughter how to live healthfully. One of the most important ways to do that is to show your daughter how to eat well, says Dayle Hayes, R.D., a nutrition consultant and eating disorder specialist in Billings, MT. Three ways to have an impact:

**Pile on the plant foods**—Help your child learn to love fruits, vegetables and whole-grain foods such as breads and cereals, knowing the more she eats, the better it is, advises Hayes. Whole-grains, fruits and vegetables make a significant difference in protecting against the biggest health risks facing women—heart disease, cancer and stroke. How much of an effect can they have? Studies suggest eating five to nine servings a day may reduce the risk of heart disease by 20 to 40 percent, cancers by about 20 percent and stroke as much as 25 percent. Whole-grain foods may also reduce the risk of Type 2 diabetes, and fruits and vegetables can help with weight management.

**Drink wisely**—Beverages can be a boon or bane for good health, adds Hayes. Steer your daughter toward the former by providing the best choices at home. Low-fat milk should be standard fare. It gives her essential vitamins and minerals needed to build strong bones. Because almost all the bone mass girls develop for life is formed by age 18 it is imperative that they get the nutrition they need, early

on, to safeguard against osteoporosis. Studies show that nearly nine out of 10 female teens are not meeting their calcium need.

One hundred percent fruit and vegetable juices are excellent beverage choices as well because of what they offer on the vitamin front. Water is always a sure bet too, though high-calorie flavored waters and vitamin-enhanced waters are not needed nor recommended.

**Eat three squares**—Snacks, time constraints and weight consciousness can get in the way of your daughter’s good health. Establishing regular meal times and snacks will help ensure your daughter comes to the table hungry. Hayes suggests setting a “snack-free” period one to two hours before a meal.

Make a point of breakfast. Whether it is a lack of time or an interest in staying slim, skipping breakfast is often a problem as girls get older, says Hayes. However, recent research has linked eating breakfast with better weight control. This meal is also critical for getting in several vitamins and minerals, which if missed in the morning will most likely not be made up later in the day. Unfortunately, the calories missed often are made up with impulsive snacking. A fortified cereal such as whole-grain Total supplies 12 essential vitamins and minerals and is a convenient way to start the day.

**A Great Start Toward Total Nutrition**—Practice what you preach. Being a healthy role model for your daughter will improve the odds that she will follow in your footsteps and come to appreciate your lasting gift of good health.

