



**MONK FRUIT  
IN THE  
RAW**® 100% NATURAL  
ZERO CALORIE  
SWEETENER

## HELP PREVENT CHILDHOOD OBESITY

### HEALTH PROFESSIONALS TIPS

There's no doubt childhood obesity has reached epidemic proportions in this country. Statistics show today almost one out of every three kids or more than 23 million children and adolescents are overweight or obese and that number can be even higher in certain population groups. To help fight this serious problem and bring awareness to the issue try working directly with this audience -- kids . As nutrition professionals teaching our children good nutrition practices and healthy dietary habits are top priority.

- 1. MAKE IT FUN!** - teach kids about the history, folklore and culinary uses of different foods and create fun games or stories around them to spark interest.
- 2. SHOW LOW-CALORIE OPTIONS** - many children (and parents) aren't aware of just how many calories they consume. Give them low calorie, low sugar options like those offered for [In The Raw](#).
- 3. TEACH A COOKING CLASS** - Children learn by feel and touch. Teach a cooking class and have the children participate. Then let them try their own creations.
- 4. USE TECHNOLOGY** - If your goal is to get kids moving think about fun, active computer games like the Wii or Dance programs. If you want to curb calories consider teaching them how to use free nutrient analysis or diet computer programs or apps for phones. Use texting as a support network for encouraging healthy diet and lifestyle habits.
- 5. SHOW REAL PORTION SIZES** - Use food models, visual pictures or real life examples to give kids an idea of how much they are eating and what are appropriate portion sizes.
- 6. HAVE A FOOD TASTING** - Children love hands-on activities. To introduce new foods, try organizing a food tasting of various fruits and veggies, then have kids smell, feel and taste them.
- 7. FOCUS ON HEALTHY SNACKS** - for many kids snacking is the hardest part of the diet to manage, teach kids how to make smart choices and listen to their bodies.
- 8. GIVE OUT RECIPES** - Come up with easy age-appropriate recipes for kids to try at home, check out our [In The Raw](#) website for fun drink recipes and more.
- 9. VISIT A SCHOOL** - ask your local school if you can visit a classroom to talk about nutrition. Pick a grade you feel comfortable with. Remember, good nutrition is not just about health, opportunities for teaching nutrition principles and messages can be included when talking about math, science, English or history.
- 10. SAY NO TO JUNK FOOD** - peer pressure can be a huge barrier for developing good eating habits. Give children other ways to socialize and teach them how to handle difficult situations.



For more information, please visit  
[www.InTheRaw.com](http://www.InTheRaw.com)

