

CHCS

'BIGGEST' WINNER' 2008

"I can do all things through Christ who strengthens me." - Philippians 4:13

Kids' Edition

Why Would I Eat *That*?

Did you know that you're encouraged to eat a poor diet by the commercials you see on TV? Most of the ads that are shown during children's television shows are for foods with lots of fat, sugar or salt. These commercials are for things like candy, chips and other snack foods, sweetened breakfast cereals, and fast food restaurants.

What's up with that? The bottom line is that they are in the business of making money, *not* making kids healthy. Lots of people don't know much about nutrition, and will buy whatever sounds good.

Some advertisers even claim that what they're selling is good for you. But just *saying* that something is healthy doesn't always mean it's true. That's why we need to understand about reading labels before we buy foods, and why we need to understand what kind of foods are good for us before we go out to eat. It's all about knowing what the right choices are, and then making them!

What are some other tricks advertisers use on kids?

- **They put cartoon characters on food packages.** These are designed to grab your attention so you want to buy the product.
- **They put something you think you want on the package.** You know -- things like free gifts or offers for toys.
- **They add vitamins.** By adding vitamins to an unhealthy product (like a sugary drink or sugary cereal), manufacturers know that parents are more likely to buy it. But just adding vitamins doesn't make something like that good for you -- it's still full of unhealthy, empty calories.

So remember -- think before you eat!

Look On the Label

Reading labels can help you decide what foods to choose and which ones to stay away from! Watch out for foods that contain:

- **Artificial Additives.** There are so many in the foods we eat. Things to make them taste better, stay fresh longer, or even look better. Whatever they are, our bodies don't need them. Some people are even allergic to these additives. It's much better to just avoid them whenever possible. Ask your mom which ingredients are natural (like vanilla extract, for example) and which ones are artificial.
- **Hidden Sugar.** Sugar that's hiding? That's right, lots of foods you wouldn't suspect have sugar added. The two main problems with sugar are that it damages your teeth and increases the risk for a disease called diabetes - not to mention adding those "empty calories." Sugar isn't called "sugar" on labels -- watch out for sucrose, glucose syrup, dextrose, fruit syrup, glucose, and high fructose corn syrup. These are all names for sugar.
- **Artificial Sweeteners.** These may not rot your teeth, but they get you in the habit of liking things that are very sweet. The natural foods that God made are so much better!
- **Hydrogenated Fat.** Check labels for hydrogenated and partially hydrogenated fats. A process using cheap liquid oils produces this type of man-made fat. This process creates trans fats, which are harmful to your health.

Instead of Tater Tots, try cutting a washed potato into wedges or cubes (leave the skin on). Put the pieces in a plastic bag with a teaspoon of olive oil and shake well so the oil coats the pieces. Put them on a baking sheet and sprinkle with a little bit of salt and rosemary.
Bake for 1/2 hour at 400 degrees.



Think
Before You Eat!