

A parent's toolkit for healthy eating

SOT

Dr. Jaya Wadhawan [JAY-ah WAD-ha-wahn], OSF HealthCare pediatrician

"Unhealthy foods and beverages have been embedded in TV shows, websites and online games that children see. That's been shown to influence eating behaviors." (:12)

SOT

Dr. Jaya Wadhawan [JAY-ah WAD-ha-wahn], OSF HealthCare pediatrician

"Good nutrition can improve your cognitive function and memory. Children would benefit from that in the classroom. It improves your mood and energy. It boosts your immunity. And it supports muscle and bone growth." (:14)

SOT

Dr. Jaya Wadhawan [JAY-ah WAD-ha-wahn], OSF HealthCare pediatrician

"Bring them to the grocery store and show them all the foods. Have them help pick out the food. It gets them more interested in eating." (:08)

SOT

Dr. Jaya Wadhawan [JAY-ah WAD-ha-wahn], OSF HealthCare pediatrician

"It gets them excited to eat what they created." (:02)

SOT

Dr. Jaya Wadhawan [JAY-ah WAD-ha-wahn], OSF HealthCare pediatrician

"We all like our sweet snacks and fun desserts every once in a while. I always say: everything in moderation." (:06)