

Title:

Obesity In Children

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510

Summary:

Obesity is a condition that can shorten your life and can seriously affect you mentally and ph

Here are a few points to think about when trying to prevent obesity and health problems for yo

Small childre...

Keywords:

obesity,lose weight,

Article Body:

Obesity is a condition that can shorten your life and can seriously affect you mentally and ph

Here are a few points to think about when trying to prevent obesity and health problems for yo

Small children are normally energetic and often require snacks in-between meals. It is most im

Alternative snacks can include:

Vegetable snacks like carrot sticks and celery boats are a good and fun alternative to chips a

Fruit can be substituted for candies and sugar snacks.

Soda and sugar snacks like candy produce hyperactivity in many young children and will sow the

Breakfast cereals are perhaps the biggest problems in children's diets. Everyone is in a hurry

Fast food habits also begin when children are quite small. This is reinforced by extensive TV

Good eating habits begin when children are very young. It can start from the time they first s

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