

The A,B,C's of Eating Right

A. **ALLOW** your children to eat their favorite foods. No food is so bad that your child should never eat it again.

B. **BUY** more bread, cereal, pasta, rice, fruit, and vegetables.

C. **CUT** back on fat. Trim fat when you cook. Bake, roast, broil, steam, and grill your food.

D. **DON'T CHANGE** too much too fast. Get your child used to new foods a little at a time.

E. **EXERCISE** is great. It makes the heart strong and healthy.

