

Nutrition and Fitness

It' s no secret — getting your kids to eat the right foods can be tough. But the first step to establishing their healthy eating is to understand it yourself.

Kids who eat properly are more attentive in school, more physically fit, and have more energy than those who don' t. Making smart nutritional choices during childhood can reinforce lifelong eating habits and help kids grow up to their full potential. So it' s important to know where to start.

