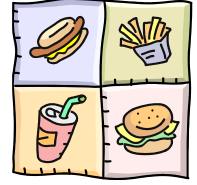




Sweets: Can too much of a good thing be bad?



Unfortunately, when it comes to junk food, the answer is YES!

One of the most important things you can do for your child is to make sure they are healthy. You may be tempted to give them any food they want to make them happy, but you may actually be hurting them by doing so. Feeding your child too much candy, cookies, cakes, sugary drinks, chips or fast foods can put them at risk for many health complications both now and in the future.

Remember, you are responsible for the foods that your child has to choose from. You are their role model so be good example & give them a healthy future!

Children that consume large amounts of candy and sugary drinks are at risk for the following conditions:

- **Tooth decay** throughout their lives
- **Obesity** and complications associated with it such as heart disease
- **Type 2 Diabetes** and complications associated with it such as vision and blood circulation problems
- **Poor growth** due to too little vitamin and mineral intake.

You can help prevent your child from having these problems by making sure they eat more low fat dairy, whole grains, and fresh fruits and vegetables and less candy, cookies, cakes, sugary drinks, and fast foods.

Here's a snack recipe that features more Go Foods.

Yogurt Dip

Ingredients:

- 32oz container plain yogurt
- ¼ cup honey
- Optional: freshly squeezed orange or lemon juice, cinnamon



Directions:

Stir ingredients together and serve with your favorite fruits and or veggies