

Today's Youth Need Healthy Nutritional Choices

By James Johnson

Today's youth need healthy nutritional choices for healthy living. Healthy eating habits begin with parents choosing quality foods, because parents set the example for their children to follow and give them what's needed for a sound diet. In my observations, however, youth nutrition habits are geared towards sweets and junk food snacks. Children get hardly any vegetables - the most important food group

that probably offers the greatest nutritional benefits.

Our youth are indeed coming to adulthood in a time of high nutritional risk. During the phase of their greatest growth when their need for nutrients rises steeply, they typically meet those demands with inadequate food choices, unhealthy eating habits, and insufficient intakes of calories and protein, vitamins and minerals. Parents, teachers and coaches are the key:

only they can instill healthy eating habits and help kids avoid the refined sugars, flours, and high-fatty fast foods that now dominate children's diets at exactly that growth phase when they need the nourishing foods essential to mental and physical development. Also, childhood and adolescence are when all people build the healthy nutritional habits required to combat obesity, which is presently taking a heavy toll on youth in today's society. Youthful obesity