

## Preview - Healthy Food for Your Family with Jenni Callihan

So, if you are a mom or a dad and you want to help your family,  
you know, eat better, get more healthy and so on, stay healthy,  
what should we do, where should we start? What do you think?

Well, I like to say "Start with breakfast.",

I think that's the meal that's been the most changed by our low-fat dietary paradigm.

It's a meal that for most Americans is a carb fest,

it's usually bagels or cereal

or maybe just toast,

but then, everything that's added onto that is also very carb heavy,

like skim milk or fruit.

So, most kids leave the house, most parents leave the house,

having just had this huge carb infusion.

And so, not only that they do not have the fat and protein,

that would help, like, not make that so severe,

but they then also have the sugar crash later so, you can...

So, what do you do?

So you... I like to say to moms, "Dilute the carbs."

You don't have to go carb free, but like, figure out a way

to put fat and protein back into your breakfast.

That can mean ditching the cereal,

if you're willing to do that or if your kid is.

But maybe the kid isn't willing, so, he still has smaller bowl of cereal maybe and you sort of insists that he eat an egg before he leaves the house.

Or, one of my pet peeves with breakfast is yogurt.

The yogurt in the stores is full of sugar.

Even, it almost sounds like desert, like,

half the names are like Boston cream pie and so they're full of sugars and their often low-fat or even fat-free.

So, the way to get around that is to buy full-fat yogurt, if you can't find that, add some cream to low-fat yogurt, to make it back at full fat levels.

And then, you know, instead of letting the food industry sweeten your yogurt, do it yourself.

And I like to use stevia because it doesn't have any sugar, doesn't have any carbohydrates,

but even if you put a little sugar in, try to keep it as low as possible.

And that would be a much better breakfast for your kid, than what you buy in a container at the store.