



Your Healthy Baby

Help Him Stay This Way

KEEP YOUR CHILD HEALTHY! BY AVOIDING THESE 5 FOODS

1. SUGAR AND HIGH FRUCTOSE CORN SYRUP (HFCS)



Sugar is disruptive to the immune system. The negative effects of sugar on children's health have been studied for many years.

Some of the obvious problems like tooth decay, hyperactivity and the risk of Obesity and developing Type 2 Diabetes are well-known.

Coughs, Colds and Allergies. Patient complaints about runny noses, excessive mucus and symptoms of sinus infections may be alleviated by decreasing sugar consumption.

White sugar.

White Sugar is highly processed. A better option is Raw Sugar because it still contains minerals not lost to processing.

Honey.

Honey is a more complex sugar as it contains more than one type of sugar. The body does more work breaking it down to glucose which results in less accumulation.

Caution: these should still be consumed in moderation. Raw Sugar and Honey are still sugars but are less processed.

Raw Stevia.

Stevia, the *plant* is native to South America, where locals have used it as a natural sweetener for thousands of years. The plant's leaves are 200 to 300 times sweeter than sugar but contain no carbohydrates or calories.

Avoid High Fructose Corn Syrup (HFCS).

High fructose corn syrup (HFCS) is a sweetener derived from corn syrup, which is processed from corn.

HFCS can be found in a variety of processed foods. Like sugar, it is damaging to the immune system. HFCS also causes inflammation. All processed food labels should be read very closely to determine if it contains HFCS.

2. FRUIT JUICE



Fruit juices are high in sugar. Even 100% fruit juice is very sweet.

Have you tasted apple juice lately? It is very sweet. If you decide to give your child apple juice, dilute it with water.

A healthy alternative is fresh pressed juice (homemade in a juicer/blender). You can find many homemade juice recipes online.

3. CEREAL



Cereal is highly processed with lots of added sugar. It is basically cookies packaged as a healthy food.

A Healthier option is Steel Cut Oatmeal.

Steel cut oats could be considered a "power food" because they are an excellent source of protein, soluble and insoluble fiber and select vitamins and minerals.

The benefits of steel cut oats exceed the benefits of rolled oats because of the way they are processed. Steel cut oats are dense and chewy as a result of being passed through sharp, steel blades that cut them into thin slices that helps retain more fiber and protein.

4. LUNCH MEAT



Lunch meats contain nitrates/nitrites as a preservative.

Nitrates and nitrites are frequently added to processed meats like bacon, ham, sausages and hot dogs.

These preservatives function to prevent the growth of harmful bacteria. They also add a salty flavor and improve the appearance of the meat products by giving them a red or pink color.

It is known that consuming processed meats is strongly linked to an increased risk of cancer in the digestive tract which may be caused by nitrates/nitrites.

Healthier options are meats which do not contain nitrates/nitrites which you can get from a healthy food store.

5. CONVENTIONALLY GROWN FRUITS AND VEGETABLES



Conventionally grown fruits and vegetables have pesticides residue that can be harmful to your child's health.

You can download the [Shopper's Guide to Pesticides in Produce](#) from The Environmental Working Group, www.ewg.org to see the Dirty 12 (fruits and vegetables you should avoid consuming if not grown organically) and the Clean 12 (okay to consume).

An Alternative to the Cost of Organic

Visit your local farmer's market and speak with a produce vendor to find out how he grows his products. This is a direct way of finding out the

quality of the produce you are buying. Look for a farmer who does not use pesticides.

How to Make the Change

Some of these foods have become the standard fare of society for many years. It has become a tradition to offer these to your children.

Changes to these ingrained habits are not expected to occur instantly.

Remember to practice moderation so that your child does not feel deprived of certain foods.

Setting a good example for your child concerning a healthy diet will be the first step.

HERE ARE SOME ARTICLES ON HOW TO HANDLE THE CHANGE:

[Raise Healthy Eaters](#) Talks about the Psychological tactics of how to wean kids off Sugar

[Getting Kids to Eat More Veggies](#) A Study in Food Pairing showed that kids will eat more veggies when certain foods are combined

[Meal Planning Tips for a Healthy Family](#) Whole Foods Market has a very helpful blog that well-written articles with Tips and Recipes.

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