

# How to Control Your Kid's Calorie Intake!

**By:** EXZ Orders Inc.

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Most people know that a good, healthy diet should consist of the basic foods like fruits, vegetables, low and fat-free dairy products, lean proteins, and whole grains. Even with this basic knowledge, however, many of us often overeat, or end up eating foods that are very high in things like sugar and fats.

While we might not realize it, these unhealthy eating habits can be passed onto our children, resulting in childhood obesity. This is a problem that strikes millions of kids in the United States and can lead to a myriad of health issues such as diabetes and heart problems.

Sometimes, we think we are doing our children a favor when we serve them quick and easy meals, but often these meals or after school snacks can be extremely high in fat and calories. Fortunately, there are some things you can do to help limit your child's caloric intake in order to prevent weight gain or obesity.

These things are easy to do, and hopefully will become a habit over time that your child will carry with him or her throughout their life.

## 1. Instill Healthy Eating Habits in Your Kid

Before you can adapt a new method of eating for your family, it's important to realize why kids can have such a high caloric intake without you even realizing it. First and foremost, foods designed just for kids often have tons of sugar in them. Colorful packaging can be deceptive, and often leads parents into thinking they're purchasing a healthy option when it's really laced with sugar.

Good food habits begin at a very early age. Be aware of how much you feed your infant. Overfeeding very young can lead to serious

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