

Eating Healthy: Early Eating Habits Promote Good Health In Adulthood

Good health in adulthood is less an accident than the result of good eating habits and wise nutritional choices formed in early childhood. Your child's ability to learn and the chances for a longer and more productive life can be greatly improved by developing and following good health practices, such as providing a variety of foods, substituting fresh fruits and vegetables for candies, cookies, and snack cakes, satisfying thirst with water instead of soda pop or juice.

For some families, making sure that their children get a balanced diet may be difficult if they lack the money to buy healthy foods or the time to prepare proper meals. The federally funded Women, Infant, and Children (WIC) program provides food and nutrition education programs in the Lansing area for women and children under the age of 5.

WIC offers food essential to a child's development, such as milk, cereal, fruit juices, and even infant formulas. Coupons also are available to eligible families in the summer which can be redeemed for fresh produce at the Lansing City Market. In addition, this program gives parents information on how to prepare healthy meals for children and other services related to their education and health needs.

Remember, providing the proper nutrition for your child will give him/her a healthy start and promote good eating habits throughout his/her life.

For more information, call WIC at 517-887-4326.

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