

Teach young healthy eating habits

Tom Gallagher | Sep. 25, 2009 NCR Today

With child obesity off the charts and reaching epidemic proportions - just look around the next time you visit Disney World, teaching young people how to eat well is critical.

The Johns Hopkins Bloomberg School of Public Health points out that a kid's peers influence eating habits and that the only defense [is teaching good habits at home](#) [1].

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Links:

[1] http://m.apnews.com/ap/db_8561/contentdetail.htm?contentguid=mpNDOObN