



Too much of a healthy food, also bad

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BUFFALO, N.Y., Aug. 9 (UPI) -- A U.S. expert in child endocrinology and diabetes says sometimes parents allow children to eat too much of a good food.

Dr. Teresa Quattrin of the University at Buffalo School of Medicine and Biomedical Sciences and Women and Children's Hospital of Buffalo says parents who think it's fine for their children to eat a whole carton of strawberries are making a mistake.

"Too much healthy food can contribute to the problem, too. Extra calories, along with low physical activity, lead to obesity -- especially in people with a predisposition to developing the disease and certainly in kids whose parents are obese," Quattrin said in a statement.

Some steps Quattrin recommends parents take to prevent obesity in their children include:

- Educating themselves by finding out their children's body mass index as well as their own.
- Realizing young children who may not look overweight may still be obese.
- Becoming good role models. If the home environment has refrigerator and pantry full of junk food instead of fruits and vegetables, the child grows up feeling that's the way he or she should eat.
- Finding ways of being active. Park a little further away from the supermarket.

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