**Champions for Change – Healthy Eating with Dr. Goore and Family**

*On-screen:* [Healthy Eating with Dr. Goore and Family. Champions for Change.]

*Speaker: Dr. Zoey Goore, Champion Pediatrician* –The biggest hurdle to a healthy lifestyle that I find with my patients is trying to fit in activity and healthy nutrition. Folks are so busy all of the time with school and work and activities that fitting in time for exercise and preparing healthy meals can be very challenging.

Hi, I’m Dr. Goore. Dr. Zoey, whichever you prefer. And you are Max? Yeah. And you are Miles? Yeah? Yes. Excellent. Is it ok if I sit here? Yeah? Awesome! Can I just listen right underneath here so I can get a better sound of your heart? Have you ever listened to your heart? Would you like to?

As the children progress through adolescence we are seeing more type 2 diabetes which used to be an adult disease and we’re finding that these children are going on to develop chronic diseases such as high blood pressure and artery disease and are likely going to have to start having heart attacks earlier in life.

My favorite example in my office is when parents come in and say, well I don’t like vegetables but my kids will eat them, they have to. One of the things that I’ll encourage parents to do is model the two bite rule. Okay look, once you take two bites and try those two bites, then you can decide whether or not that’s something for you. If they can model those sorts of behaviors of trying the vegetables and eating some vegetables and fruits in front of their children, their children are going to be much more likely to enjoy them as well.

The USDA has come up with a concept, which is brilliant, and it is basically to just divide your plate for any given meal into four quadrants. Half of that plate should be fruits and vegetables. We talk about, well look at your child’s palm, if your palm is this big, that’s the serving size. So if you’re, you know, fruits and vegetables are your palm size on your plate that’s what your child should be eating. Kids look to their parents for what they should be doing. The parents need to take an active role and model the behaviors that they want their children to emulate.

Try some new fruits or vegetables, maybe something that is different from culturally what you’re used to. Maybe something that you discovered that you never knew you really liked. I talk to them about making one change, one thing at a time, and then once that becomes a habit, then move to the next change.

*On-screen:* [Get recipes and tips at CaChampionsForChange.net.]

End of: Champions for Change – Healthy Eating with Dr. Goore and Family Video.

Video duration: 2:53