8. SUBJECT: We are what we eat...

Today’s email is about helping our kids make healthy foods choices. But before you start to feel overwhelmed, let me set you at ease.

Lots of modern “healthy” diets promoted for families are just not sustainable. Either they require lots of expensive ingredients, incredible amounts of time, or both.

That being said, it is still important to make good food choices for ourselves as parents and for our kids. How can we do that?

Here’s today’s *Tip for Modern Parents*:

**Evaluate your family’s food needs, then create a sustainable plan that helps you move toward eating less processed food.**

There is certainly no one-size-fits-all dietary plan out there. Some families have allergies that have to be considered. Other families have certain schedules that must be worked around.

I’m not sure *any* family has the time or resources to make everything from scratch. But we could all probably stand to eat less processed foods.

Take an honest look at what your family is eating, then decide on one—just one—action step that moves you away from processed food. Maybe it’s eating cereal for breakfast only on Saturdays. Perhaps it’s switching from candy to fruit for snack times. You decide. Your one step will move your family toward better health, and it will be something you can sustain over the long run.

Onward to better parenting,

ADD NAME