

Obese/ Overweight Kids: What Should We Do?

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SUMMARY

Parents play a crucial role in their children's health, particularly in combating rising issues like obesity, thyroid problems, and juvenile diabetes. The discussion emphasizes the importance of leading by example, reducing processed foods, and encouraging healthy habits through home-cooked meals and physical activity.

- High fructose corn syrup is a major contributor to childhood obesity, thyroid issues, and juvenile diabetes.*
- Excessive screen time and lack of physical activity are significant factors in children's health problems.*
- Parents should prioritize home-cooked meals over packaged foods to promote better health.*
- Leading by example is essential; parents must adopt healthy habits themselves to influence their children positively.*
- Children are intelligent and can understand the reasons behind dietary choices, so explanations are crucial.*
- Homemade snacks are generally healthier than store-bought options due to better ingredient control and lower unhealthy additives.*
- The quality of cooking oils and ingredients in packaged foods often leads to inflammation and other health issues.*
- Parents need to take proactive steps to create a healthier environment for their children, including limiting processed food in the home.*

but the worst thing a parent can do is tell your child to do it and they themselves don't do it so if you are going to eat instant noodles next year child and expect her to eat that subject it's not going to happen and how many children at a very early age are now developing three things obesity uh thyroid and juvenile diabetes right like very borderline also if it may be what can parents do and what are really the

causes don't get them main cause of all these three issues are high fructose corn syrup and that's why I pointed out earlier fructose which is again then your yogurt you know flavored yogurts to everything has it any packaged product usually has fructose at some level especially if it's sweet uh the main cause is that a lot of screen time lack of movement is another big reason why your children are suffering from these particular health issues a lot of

package products coming in the house so the best way to prevent something like this is start giving your children home cooked food how hard is that to do make an effort to make that makhana and gear why do you have a low fat version of it to give to your child make your child join classes which promote exercise but the worst thing a parent can do is tell your child to do it and they themselves don't do it so if you are going to eat

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to make a choice to change as well with your child so usually these habits if you notice even the parents aren't healthy most of the case usually I noticed that a lot so I think our parents have to take the first step to become healthy so your child because let's face it for every child the parent

is the biggest hero and the role model and then make sure your child stops packaged food coming to the house so that they stop going for it make your child join an exercise class and just don't tell them no explain them why children are quite intelligent today we are underestimating how well they are aware of things today you know we have to explain them why you shouldn't be having this and why you should be having this and obviously it won't make it so

strict for them give them the freedom to enjoy as well sometimes you know so it's okay give them that 20 time where they can enjoy some of the food that they like and you know there is a very typical uh sort of snack that I see that you know when you're saying packaged food like you know you get these these yellow Kayla Wafers also astixes become so popular or the chatrri that has become so popular now are home cooked but store

bought are they just as evil as coming out of a branded pack foreign firstly you have control of the oil that you use most of the outside packaged products have something called refined sunflowers flour oil which is known to cause inflammation in the body it is one of the biggest factors from various chronic health issues today so the number one thing to save costing all these package products use oil which is

clearly mentioned at the backlit and then again second thing is the salt content is also added at a much higher level so that you can eat more of it if you touch our home made banana chip and you touch an outside one check your fingers you will have a layer of Masala in your hands from a packaged product whereas you won't have that same feeling when you have a homemade chip so already you know the difference what is

happening then you change the ingredients in a homemade banana chip or a biscuit two or three ingredients will go then when you take a package product you turn it there'll be seven eight ingredients and after two three ingredients are like what is even written on it or again the difference is quite clear when you make a homemade you put in a steel kada or your glass the minute you get a package product it is put in a plastic or some cheap quality

material which again affects the body so the difference is quite clear you as a parent know it it's not something that's not obvious so obviously something that's made homemade as far superior than outside and and you won't even recommend the ones that you get at local grocery stores like your Trader stores or whatever which give these incredible banana chips so again like I I have personally tasted them because a lot of people have asked me I'm not saying that

you have to see the ingredient list once there for most of them I have started to put now very clear coconut oil this that everything so the long banana chips that are actually made in coconut oil when you actually taste it you can taste the coconut oil in it you know uh again it all depends how uh you know you want to get regarding all this if you're living in today's world it's you as a parent

your decision how you want to lay your child's Foundation now obviously my child is getting obese it's suffering from pre-diabetes uh you know all perpetually sick then as a parent I have failed uh by giving my child package product and I need to put in that extra effort to make sure I make that product and honestly how hard it is today living in India to get one Maharaja coming to your house and replicating all this food

for a minimum cost honestly speaking so you can obviously I'm not saying don't do it every day I know it's not practical for a working mother but as far as possible as a nutritionist obviously I would say choose homemade over outside food because your child is eating already enough outside food because as a parent you're taking your child enough out any which oh [Music]