

How to Get Kids to Eat Healthy Without Breaking the Bank

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LiveScience:

Childhood obesity has more than doubled in children in the past 30 years, according to data from the Centers for Disease Control and Prevention (CDC). The numbers are staggering, and it's a statistic that we can clearly see when we're out at the park or grocery store.

But anyone who has ever fed their child fast food knows that it's hard to go back once kids get a taste for junk food. So, what can we do? Well, a June study in the journal *Psychological Science* study may give us an answer.

Researchers conducted an experiment with preschool-age children to test the theory that the kids would be able to understand the concepts of good nutrition. Hold on to your seats, folks! They found that not only did these kids understand the concepts, but those who read books about nutrition were more likely to make healthy choices.

Read the whole story: [LiveScience](#)