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Children's Nutrition

A Healthy Future Starts with Smart Eating

In December, the U.S. Surgeon General, Dr. David Satcher, issued his "state of the health of our nation" address and virtually declared war on obesity as the number one health concern in America today. The American Academy of Pediatrics has also issued statements over the past two years affirming that childhood obesity is the most important issue for pediatricians, and family physicians providing care to children, to focus on. The statistics are horrifying—almost a tripling in the number of children who are overweight or obese since the 1970s.



The adult diseases that threaten overweight children

There is a myriad of negative health results that accompany this trend, including increases in diagnoses of conditions that were previously almost unheard of in children and adolescents. Hypertension, osteoarthritis and type 2 diabetes are among these, essentially caused by being overweight and following diets that are too high in calories, salt, sugar and fat, especially saturated fat. The same issues are facing adults, where now 60 percent of adults are overweight to obese. These childhood weight trends do not bode well for the future health of our nation!

Health traps your children face daily

How can we help prevent any worsening of these statistics and how can we help Herbalife bring the message of good nutrition to all families in America? The story begins with parents. It starts every day when we fix our children's breakfast. It continues when we send them off to school with money for school lunches. After-school activities that are sedentary, and eating on the run, compound the situation. Everything is "super-sized" now, from sodas to french fries. The result? Fourteen percent (triple the numbers of 25 years ago) of our children and adolescents are seriously overweight and are being diagnosed with disorders that were until recently rarely seen under the age of 40.

The four essentials for healthy living

We must all, as parents, commit to "cleaning up" our nutritional act, at home and away from home. The Medical Advisory Board at Herbalife is focused on

teaching people around the world how to implement the ingredients for wellness into our daily lives—for the entire family. Having a healthy lifestyle includes four important components—they form a continuous circle around us and are interconnected. The results: a healthy life.



Getting the balance right

We really need to focus on all four of these components to have a healthy life. If we improve our nutrition, including a commitment to minimize fast foods, we will have a much easier time with weight control. We will have more energy for physical activity, which will in turn help with weight control. And when we are feeding our bodies all the micronutrients we need and being physically active on a regular basis, the stresses of daily life are more easily dealt with and our bodies are less adversely affected by the "ups and downs" of life. Even our children are forced to deal with stress—a coach or teacher yelling at them, something another child said or just keeping up with homework and day-to-day family struggles.

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Nutritional foods and Herbalife supplements can help you and your children lead the healthiest lives possible!

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Healthier living—meal-by-meal

Children love sugar-coated cereals and they are so easy for busy families to use, especially on hectic weekday mornings. My children knew it wasn't even worth asking for those sugar-coated cereals—we had nothing but the high-fiber varieties at our house. Once Herbalife came into our lives, Adam and Heather began every day with a protein shake made with Thermojetics® Formula 1 Protein Drink Mix, nonfat milk and fresh fruit (or orange juice on occasion). They were 11 and 7 then and now are 22 and 18! They rarely missed a day of school due to the usual colds and flus that result in many days out of school for most children. It's important to send your children off with a balance of micronutrients and a healthy amount of protein to help maintain balanced blood sugars so essential to their concentration and learning.

Shake up to a healthier breakfast

Thermojetics® Formula 1 Protein Drink Mix and DinoShake® are both healthy options for breakfast as well as after-school snacks. Thermojetics® Formula 1 Protein Drink Mix is soy protein-based while DinoShake® is milk-based. Many children like to eat what Mom and Dad are having, while others want their "own special drink." Either shake is perfectly fine for children to drink. If your child has a weight problem, I would suggest Thermojetics® Formula 1 Protein Drink

Mix. Its fiber content and balance of macro- and micronutrients make it a better meal replacement. DinoShake® is formulated to be a snack. For younger children, ages two to eight, Dinomins are the appropriate vitamin supplement. Once your child can

swallow tablets, you may consider switching them to Thermojetics® Formula 2 Multivitamin-Mineral & Herbal Tablets.

Upgrade your child's packed lunch

Focus on sandwiches made with healthy choices such as turkey breast, low-fat cheese or tuna salad made with more mustard and less mayonnaise. Always use whole-grain breads. Bear in mind that the intake of white flour and white sugar is associated with ultimate development of insulin resistance and glucose intolerance. Pack veggie sticks (carrots, celery, jicama) along with a reduced-fat ranch-type dressing. Instead of granola bars or cookies, consider a Thermojetics® High-Protein, Low-Carb Bar.

The Herbalife answer to after-school munchies

After school is a problematic time for kids who have or are developing weight issues. We must have easily available low-calorie foods for snacks and increase their activity. Remember they have been sitting in the classroom for five or six hours. They need to be outside (weather permitting) being physically active for at least an hour before starting homework. If your children are participating in sports, they really need a healthy snack to keep them going. Try another shake—two tablespoons of Thermojetics® Formula 1 Protein Drink Mix in juice. Add in half a banana, or other fresh fruit, blend and enjoy. Adam and Heather always liked frozen blueberries and/or strawberries mixed in their shakes. Use Chocolate Thermojetics® Formula 1 Protein Drink Mix plus soymilk and it tastes like a chocolate-strawberry truffle!

Your child's future health is in your hands today

What our children eat can determine whether they are active adults with no weight concerns or overweight with all of the associated emotional and physical difficulties. We need to help our children develop healthy attitudes about their eating, their weight and their level of fitness. Herbalife is not about dieting, but rather about lifestyle choices that will lead to long, active lives. We must set the example by committing to nutritional foods and Herbalife supplements that can help you and your children have the healthiest lives possible!

