

EVER WONDERED HOW TO GET YOUR TEENAGERS TO EAT HEALTHY ?



FOR TEENAGERS

HEALTHY EATING

Ever wondered how to get your teenagers to eat healthy?

Well here are some suggestions:

- Track how much sugar intake they have a day, which should be approximately 30g per day, anymore and this could lead to having diabetes.
- Maybe try switching their coke to coke zero, this prevents them from getting too much sugar and fat, perfect!
- For an alternative as rewards for doing jobs instead of fatty snacks, give them a granola bar or a box of raisins to help with their digestion