

3/26/2012

Dear Parents,

Hello! We are students of Buffalo State College from the Dietetics and Nutrition Department. We will be holding a Nutrition Education Program to promote the importance of healthy eating habits, with emphasis on the food choices that may have adverse effects on health. This event will be held on Friday, March 30th, where our focus will be on the consumption of fruits and vegetables through fun and interactive activities.

Effects of Increasing Fruits and Vegetables in diet:

- Emerging evidence suggests that increasing fruit and vegetables may assist dietary weight management strategies to prevent obesity.
- Total calories are reduced by higher intake of fruit and vegetables
- Incorporating more fruit and vegetables promote satiety and decrease the total energy intake during a child's day.

The electronic version of this article is the complete one and can be found online at:

<http://www.anzhealthpolicy.com/content/5/1/27>

For healthy nutrition tips visit www.kidseatright.org

We look forward to sharing a fun time with your children.

Sincerely,

Hollis Ann

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