

Make Your Family's Nutrition a Priority

It's important to keep offering healthy foods to your child, even if they refuse them or seem to not like them. It can take 10 to 15 food exposures before a child becomes familiar with and likes a certain food, so persistence is important. Food is a part of crucial lifestyle choices first learned at home, so you need to educate yourself about proper nutrition and the dangers of junk food and processed foods in order to change the food culture of your entire family.

To give your child the best start in life and help instill healthy habits that will last a lifetime, you must lead by example. You can find even more help in the book, [*Generation XL: Raising Healthy, Intelligent Kids in a High-Tech, Junk-Food World*](#).

Bring Back Home-Cooked Meals

One of the basic keys to good health and disease prevention is to *eat real food*... This may be particularly true for diabetes prevention, as processed foods and fast food contain not just one but *several* components shown to promote metabolic dysfunction and obesity.

This includes processed fructose and other added sugars, trans fats, antibiotics, and pesticides, along with other artificial ingredients, such as [artificial sweeteners and MSG](#). A 2012 study found that both of these additives cause an increase in fasting blood glucose levels and contribute to the onset of diabetes. When it comes to meat, it's important to make sure it's antibiotic-free and organically raised.

Ditto for other animal products like dairy and eggs. While some grocery chains offer grass-fed meats nowadays, your best bet is to connect with a local farmer that raises animals according to organic standards, allowing them to roam freely on pasture. Other foods are also best sourced from organic and local sources, to avoid undue pesticide exposure.

Antibiotics May Play a Role in Rising Diabetes Rates

According to a recent study,^{19,20} type 2 diabetics tend to have been more overexposed to antibiotics in the years prior to their diagnosis compared to non-diabetics. This is yet another fast food factor that places young children at increased risk of diabetes and related health problems. ***Antibiotic overuse in***

food production has also led to the current scourge of antibiotic resistance. Antibiotic exposure is one reason why I don't recommend eating foods from factory farmed animals, as they tend to be raised on antibiotic growth promoters.

Each time you or your child eat food made from such animals, you're getting a small dose of antibiotics that, over time with regular consumption, can upset your gut flora and have a notable impact on your weight and metabolism.²¹

While a small number of restaurants have taken steps to limit meat raised on antibiotics, the vast majority of fast food restaurants and major restaurant chains have not.

A recent report^{22:23:24} produced by six consumer interest, public health, and environmental organizations warn that 20 of the 25 restaurant chains surveyed have failed to take any affirmative action on this issue, and are still serving meat and poultry raised on antibiotics. ***Chipotle's and Panera Bread*** were the only two restaurants, according to this report, that publicly affirm that the majority of meats served come from antibiotic-free producers.