

Health & Wellness Tip of the Week

Week 38 September 17, 2018

Our mission is to promote health awareness and
Encourage healthy lifestyles.



BlueCross BlueShield
of Texas



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But I Don't LIKE Broccoli!

Almost all kids object to eating certain types of food. Most kids often want to skip the fruits and vegetables they should eat to be healthy. One tip parents can try is to focus on things that matter to kids today. Try telling them:

- **Healthy foods** will give them more energy to play sports and do activities with their friends.
- **Eating healthy** can help keep them from getting sick and missing time with friends.
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Source: National Heart, Lung, and Blood Institute

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