

Big View Small Window

Monday, August 17, 2015

Parents: No More Excuses!

First, I have to give this disclaimer: I am not a parent.

However, don't let that fact discredit the passion I feel for what I am about to say.

While I may not have any children, I was a child once. I was the daughter of a parent who allowed me to eat whatever I wanted (then reprimanded me for my rapidly growing body). I was the child of a step-parent who refused to cook for the family, so I was forced to live on processed meals in order to survive. This habit followed me for many years.

At one point in my life I was 311 lbs, standing only 5' 1". I did not know I had a food addiction until I was 30-years-old. From adolescence until this time, I battled weight problems, skin problems, social anxieties, ridicule and rejection from family members and friends, and self-hatred. All because of food.

For many years. I lived on fast food, soda, cereal, and an occasional fatty meal prepared at home. It wasn't until I turned 30 (and after a BP reading that showed I was pre-hypertension) that I finally decided I was finished living this way. At this time, I also began to notice the world around me. I saw that it wasn't just me, but that **MOST** people are **unhealthily** overweight (some extra weight is fine). This revelation didn't immediately change how I felt about myself. But it showed me that the struggle was real, that it was a problem that existed outside my mind.

Personally, I do not buy the excuse of parents not having time to read labels and make healthy choices in feeding their children. It is very sad to know a lot of caregivers believe fast food is their **only** option at the end of a hard work day with

fussy children at their side. It is a corner many parents have been backed into and it's time to come out fighting.

I believe parents DO have the time. So where is it? It's spent posting on facebook. It's spent working overtime hours to have material things (um...everyone in the household does NOT need their own computer, cell phone, or vehicle). It's spent watching reality t.v. instead of cooking a meal for the family. It's spent socializing when they should be prioritizing. **And I'll be darned if the time isn't wasted sitting in a drive-thru waiting for someone else to pop the frozen, pre-processed, utterly pathetic excuse for a meal into a microwave!**

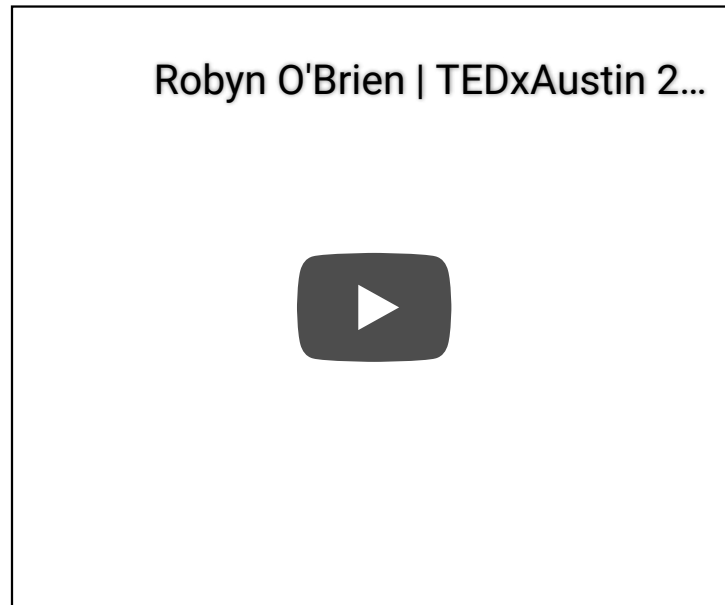
I believe once someone has a child, that baby becomes one of their highest priorities. And what a child eats should be of the utmost importance. It should be right up there with not allowing them to play on a busy street, stick their wet finger in an electrical socket, or wander off with a stranger. Yes, what your child eats is that serious.

Based on personal experience, I believe it is unloving, selfish, inconsiderate, neglectful and just plain bad parenting to allow a child to eat whatever they want when they want it and in any amount. Children (including adult ones who live at home and do not earn a living) should not dictate to their parents what they are willing to eat. Parents should exercise the same authority, care, and concern in this area as they do in any other.

The United States has the highest **cancer** rates, **obesity** rates, and **chronic disease** rates in the world, with numbers continuing to climb every year. We are also the country that spends the most money managing diseases that are clearly diet and lifestyle related. If there is any hope in our future, it rests with children whose parents dropped their own pursuits long enough to read a label and feed them something nutritious.

I am not opposed to an occasional ice cream cone or small order of French fries. But prolonged unhealthy eating is a death trap for children. Time is simply not an excuse anymore. Don't wait until your kid is obese, diabetic, and depressed before you do something about it. It's not really a question of whether or not a parent has time to feed their children good things. It is a matter of priority, urgency, and

showing them love by not allowing a child to become a chronic patient for the rest of their life.



I thought this woman's story of how she did research on food to protect her family was phenomenal. Little by little she educated herself. She found the time to **read labels, ask questions, monitor her kids' diets, and make lifestyle changes** that continue to affect many people for the better.

Oh, and by the way, she has **4** children.

Posted by Tiffany_B at 8:39 PM



No comments:

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