

HOW SAVING THE COOKIES FOR SANTA COULD

SAVE OUR CHILDREN

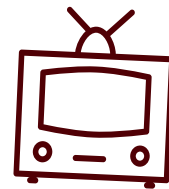
Unhealthy habits that form during the holiday season may continue through the year and lead to **childhood obesity**

Sweets are **abundant** in the holiday season, and children are encouraged to self-indulge



What is causing the childhood obesity **EPIDEMIC?**

More than **half** of the commercials on children's TV and online games are by food companies³



There is a lot of **hidden** sugar in kids' lunches such as fruit snacks, granola bars, and white bread^{1,2}

Every **hour** of TV time for a child equates to a greater chance of eating unhealthy food³

Here are a few diseases that could result from **CHILDHOOD OBESITY** : 

Diabetes

Heart disease

Cancer

Asthma

Bone problems

Fatty liver disease

Anxiety

Depression

Abnormal menstrual cycle

Anorexia

Have a happy and healthy holiday season!