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Raising a Healthy Eater

Are you concerned about your child's diet? Think they are eating too much unhealthy stuff and not enough healthy stuff? Here are some simple steps to help your child become a healthy eater.

Are you afraid that your child is eating too little or too much? According to a June 2010 survey conducted by [Country Crock](#), 90 percent of parents are concerned about their child's [diet](#). [Jeannette L. Bessinger](#) and dietician [Tracee Yablon-Brenner](#), authors of "[Great Expectations: Best Food for Your Baby and Toddler](#)," agree that the types of foods you give your child in his first years can impact his eating habits and preferences for a lifetime. But you can stop poor eating habits in its tracks -- and the sooner, the better.

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