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Study Shows Parents Make Healthy Choices When Given the Chance

No matter how much you try to eat healthy and make sure your kids get healthy foods, there is always the time when you are forced to eat at a fast food restaurant. We know the foods available aren't the healthiest, but some are better than others.

In a new study, it was shown that when parents had nutritional information available, they chose healthier foods for their kids. This alone is enough justification to start putting nutritional information out in the open at fast food restaurants. Makers of packaged foods are required to put this information on the package so you can see it before you buy it. Restaurants should be forced to show you how many calories are the food you are about to order.

Of course, if you just use your head, it can be pretty easy to see that apple slices are better for you than french fries, but let's not let them off the hook.

If you want to read more about the study, check out the link below.

[How Many Calories in that Kids Meal? - ABC News:](#)

You can also find this article published on [Study Shows Parents Make Healthy Choices When Given the Chance](#)