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## Tricks to Get Kids to Eat Healthier at School

Interventions to improve child nutrition at school have included everything from reducing cookie size, adding fruit to classroom cupcake celebrations, and giving vegetables attractive names, to more comprehensive strategies such as "veggiecation" curricula and transforming school cafeterias.



### Previous Video



#### Artificial Food Colors and ADHD

In response to definitive evidence showing artificial colors may increase inattentiveness, impulsivity, and hyperactivity among young children, a call has been made by consumer groups to ban food dyes.

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### Doctor's Note

What's so bad about trans fats? See [Trans Fat in Meat and Dairy](#), [Trans Fat, Saturated Fat, and Cholesterol: Tolerable Upper Intake of Zero](#), and [Breast Cancer Survival and Trans Fat](#).

Whenever I find myself frustrated by half measures, I am forced to remind myself just how SAD the Standard American Diet is. See [Nation's Diet in Crisis](#) for a reality check. One of the problems is that parents may not even realize there is a problem ([Mothers Overestimate Dietary Quality](#)).

Feel free to check out the New York Coalition for Healthy School Food website at <http://www.healthyschoolfood.org/>.

This is the first of a 3-part video series on practical tips for dietary improvement. In my next two videos I will cover [Tricks to Get Kids to Eat Healthier at Home](#) and [Tricks to Get Adults to Eat Healthier](#).

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When I was a child, we all loved to eat spinach because we saw Popeye eat it during Saturday morning cartoons. We wanted to be strong like Popeye...