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## My kid won't eat

Posted by baxiebrowndog - 2008/07/17 21:19

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Did anyone see the "my kid won't eat" tv program just now?

Had a young girl on there who only seemed to eat chocolate. So her example dinner was 15 squares of chocolate and 10 chocolate fingers.

She seemed to be OK though, so I might switch.

Dog

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## Re:My kid won't eat

Posted by trubliphone - 2008/07/17 21:58

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I didn't see the program, but that doesn't sound like a very good solution to me. Young kids shouldn't be in charge of their meals, parents should.

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## Re:My kid won't eat

Posted by heavensgate - 2008/12/11 11:47

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well, chocolate has many benefits especially the dark one.. but you must also see that you must only take what your body can consume..Some benefits of dark chocolate are listed below:

What are some of the health benefits?

- \* reduces risk of certain cancers such as ovarian cancer
- \* lowers blood pressure
- \* improves insulin resistance
- \* reduces risk of stroke and heart attack
- \* fights atherosclerosis
- \* reduces risk of chronic respiratory problems
- \* protects from UV light that may reduce the risk of skin cancer
- \* decreases inflammation and pain associated with arthritis
- \* the smell of chocolate may increase theta brain waves which results in relaxation

Before you stock up on chocolate bars there are some important facts to keep in mind:

- \* dark chocolate has the beneficial flavonoids; stay away from white and milk chocolate
- \* European chocolate is highest in flavonoids
- \* monitor the fat and calories you consume with chocolate; you only need a very small amount to benefit
- \* do not rely on dark chocolate for the bulk of your antioxidants; let it replace your unhealthy sweets

The role of flavonoid rich foods in preventing disease and maintaining health and wellness will continue to be heavily researched by scientists. Try to stay informed of these and other developments in contemporary health and wellness.

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## Re:My kid won't eat

Posted by llovechoco - 2009/01/15 02:46

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that's true my friend, but what's to do with the kids won't eat?

what kind of food does your kids like by the way?

chocolate is good but can't eat too much.

may be you can mix something they like in the food?

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hopes that help

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## Re:My kid won\'t eat

Posted by annabelt - 2009/01/16 11:06

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One of mine would hardly eat anything for a while, so I thought chocolate raisins were quite a good compromise, especially with some orange juice to drink with it to help him get the iron from them. Now that he's older, he eats a lot more, including raisins without the chocolate too :cheer:

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