

“What about vegetables?”

“I don’t really like too many vegetables,” Seymour said, “but I will eat salad with cucumbers and tomatoes, and I like string beans and those little carrots.”

“That’s great,” Doctor Grand said. “I’m going to give your mother a list of different fruits and vegetables and the serving sizes for each. You’ll be surprised how easy it is to reach 5 servings every day. I also have a flyer for the HNE Grocery Store Tour, where a registered dietician will teach you how to read labels and make healthy choices.”

“I want you to ask your friends and parents to do things with you like go for a bike ride or a walk. Take a hike or go to the park on the weekend. And you can always play with Flash in the yard.”

Seymour seemed a little more excited. “That actually sounds like fun. I like to go to the park.”

“It is so important to eat healthy,” Doctor Grand said. “It’s OK to have snacks, but try healthy snacks like baby carrots. I know it could be easier, but your friends and family can help you stick with it.

“Take this 5 Step Plan Toolkit and read it with Mom and Dad. You’ll see the difference.”

After listening to Doctor Grand, Mom and Seymour decided to skip the ice cream Mom promised and get some healthier snacks at home. “How’s it taste?” asked Mom, offering more carrots.

“I like ice cream better,” Seymour whined.

“Well, at least you’re honest,” she replied.

“Yeah, and hungry, too.”

Both Seymour and Mom knew Doctor Grand’s idea for change would take some time, but learning to make small changes would make a big difference.

