

## Help your child eat less and lose weight without being hungry

*Dr. Susan's Kids-Only Weight Loss Guide* is packed with Sensational Substitutions...healthy exchanges for less healthy eating choices. These allow your child to feel satisfied and eat less so he or she can lose weight WITHOUT feeling hungry. If you have a great example of a Sensational Substitution, "click here" and email to Dr. Susan—maybe she'll share it with the readers of her monthly newsletter. Below are SIX SUPER Sensational Substitutions from *Dr. Susan's Kids-Only Weight Loss Guide*.

**#1 Breakfast Cereal:** Mix your child's favorite sugary cereal with a low or no-sugar cereal (e.g. Honey Nut Cheerios mixed with Total or Frosted Flakes with bran flakes) and use low-fat instead of whole milk.

**#2 Hamburger:** Substitute *lean* ground meat or try ground chicken or turkey and sneak in some finely chopped onion, carrots or other veggies for extra nutrition.

**#3 Tuna salad sandwich** Instead of regular mayonnaise, mix tuna with a bit of low-fat mayonnaise and add lettuce and tomatoes. Substitute whole wheat for white bread.

**#4** Instead of **potato chips**, substitute pretzels

**#5** If your child craves a **glazed donut**, a healthier substitution is a donut whole, a handful of jelly beans or a lollipop.

**#6 Ice-cream:** A small cup of low-fat frozen yogurt or ices is a much better choice.