

## **SUMMERTIME NUTRITION**

**Dominic Lucia, MD, Chief Medical Officer, Baylor Scott & White McLane Children's Medical Center**

{\*\*ON CAM\*\*}

HOT SUMMER DAYS MAY MEAN MORE PICNICS AND POPSICLES ... MAKING IT TOUGH TO KEEP YOUR KIDS' NUTRITION ON TRACK.

{\*\*TAKE VO\*\*}

BUT EATING HABITS THAT FUEL HEALTHY GROWTH AND DEVELOPMENT SHOULDN'T TAKE A VACATION.

BAYLOR SCOTT AND WHITE MCLANE CHILDREN'S MEDICAL CENTER CHIEF MEDICAL OFFICER DOMINIC LUCIA (LOO-CHIA) ADVISES PARENTS TO TRY TO MAINTAIN A REGULAR MEAL SCHEDULE ... AND PREP HEALTHY FRUIT-AND-VEGGIE FOCUSED SNACKS.

DR. LUCIA SAYS ... AS A PARENT OF SIX HIMSELF ... HE UNDERSTANDS PROPER NUTRITION CAN BE A STRUGGLE ... BUT RECOMMENDS GETTING CHILDREN INVOLVED.

{\*\*TAKE SOT\*\*}

Dominic Lucia, MD

Baylor Scott & White McLane Children's Medical Center

TRT: 09

Allow them to go to the grocery store with you and help pick out things. If they're invested further upstream in what you bring home, they're going to be more invested in eating it.

{\*\*ON CAM\*\*}

DOCTOR LUCIA ALSO SAYS ENSURING KIDS STAY HYDRATED WILL HELP KEEP THEM HEALTHY AND SAFE THIS SUMMER.