

The single greatest factor affecting your  
child's health is what they eat!

What every parent needs to know.

# SUGAR BLUES

**If there is one nutrition presentation you should  
attend, this is the one!**

Middletown High School North Library

Tuesday, October 27<sup>th</sup>

6:30 – 7:30 PM

**Topics will include the consequences of our sugar addictions  
Fatigue, learning difficulties, behavior issues  
Artificial sweeteners: are they the answer?  
Check your pantry, check your children!  
Diabetes!**