

# Videos on Healthy Eating

Many kids who struggle with healthy eating are often picky eaters, and have a hard time trying healthier options or learning to incorporate both healthy and unhealthy foods in a balanced diet. Learning more about healthy eating options can be beneficial for both parents and children.



Our team of neuropsychologists, school psychologists, and psychology students at South County Child and Family Consultants are committed to searching the Internet and beyond to find reputable, informative, and practical tools to help parents, children, and teens improve their eating habits. We look for the best information online to help kids diagnosed with ADHD, Learning Disabilities, Executive Functioning Difficulties, struggles with Social Emotional Learning (SEL) skills, Autism, Depression, and Anxiety and provide you with information about how neuropsychological evaluations help in targeting your concerns. Come back regularly, as the links are updated frequently.

## Videos

### [How to Feed Your Children the Top Brain Foods](#)

This video provides strategies that can be used to feed your child healthy foods for increased brainpower. *Recommended for teenagers and adults.*

### [Brain Foods \(Diet & Fitness Guru\)](#)

Watch this video to learn more about the brain foods that are most effective in boosting concentration, brainpower, and energy levels. *Recommended for teenagers and adults.*

### [Nutrition and Your Mental Health](#)

This video describes the importance of consuming nutrient-rich foods, and how to get nutrients that are commonly lacking in the average diet. *Recommended for teenagers and adults.*

### [Healthy Eating Tips](#)

Isabelle gives healthy eating tips for children and their parents when eating or purchasing groceries. *Recommended for children, teenagers, and adults.*

### [Kids Healthy Eating](#)

This video is a great resource for children who are interested in learning about different types of healthy foods and the impact food can have on our mental health. *Recommended for children, teenagers, and adults.*