

## About Us

Hearty Habits is a non-profit organization formed in 2008 dedicated to educating parents about healthy eating habits for their children. Our main headquarters is located in Albany, NY. We are also looking to put satellite offices in all major US cities. All this information is also located online at <http://www.HeartyHabits.org>.



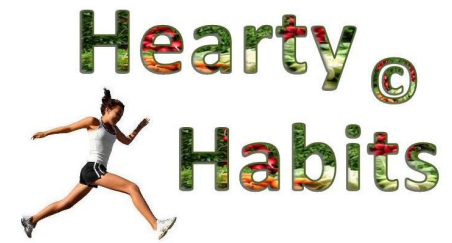
Albany, NY

Start Healthy...  
From the Beginning



HEARTY HABITS

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## What we have to offer

### Researched FACTS

Our team is continuously updating our site with the latest statics and research to ensure you get the most accurate information possible.

For Example:

- Habits and traits developed for a life-time are established by the age of 12
- On average children between the ages of 4 and 19 eat six pounds of fast food
- One out of every three kids are considered overweight or obese.



- By the year 2020 one out of every five health care dollars would be spent as a result of obesity
- Obesity is near to overtaking smoking as the No. 1 cause of death in the United States

These are alarming statistics that need to change.

### Example Meal:

Angel Haired Pasta with Chicken  
Time until ready: 15 minutes

Serving size: 4

### What you'll need:

9 ounces of refrigerated Angel Hair Pasta  
1 1/2 cups of cooked diced chicken  
1/3 cups of melted butter  
3 tablespoons lemon juice  
2 tablespoons of fresh chopped parsley  
1/4 teaspoon of marjoram  
1/4 teaspoon of garlic powder

### What to do:

Prepare the angel hair pasta according to the directions on the package. Cut your chicken into small slices. Toss the pasta with the chicken, butter, lemon juice, parsley and garlic. Season with salt and pepper.

(Recipe courtesy of 30minute-meals.net)

### What You Can Do

Good News Parents! It is not too late to start! Start instilling great eating habits and exercise in your children. Visit our website <http://www.Heartyhabits.org> and view easy delicious home made recipes in as little as 20 minutes. You could also pick up an information pack at any of our local offices, free of charge. Your children will love you for the life long lessons that you teach them and the start to a happy life is a healthy life.

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