



WELCOME TO *THE HEALTHY BUZZ*

Advocates for Healthy Kids is here to cut through the noise and bring parents the practical, balanced information they need to raise strong, healthy families. From real-life nutrition tips to clear breakdowns of hot-button health topics, this newsletter delivers resources, ideas, and encouragement—so you can stay confident in the most important role you'll ever have: **being your child's greatest advocate.**

THE LATEST

A Healthy Plate Doesn't Have to Be Complicated

Simple, Whole Food Ideas for Real Life Schedules

Let's be honest... feeding kids isn't always easy. Between school drop-offs, work meetings, practice pickups, and the occasional meltdown in the snack aisle, it's hard enough to get dinner on the table, let alone feel good about what you're serving.

But here's the good news: building a healthy plate for your child doesn't have to mean hours in the kitchen or a perfectly designed meal plan. In fact, the most nourishing meals are often the simplest—and the most realistic ones for busy families.

At Advocates for Healthy Kids, we believe in making health practical, not stressful. That means offering real food ideas that fuel growing bodies and brains—without adding to your plate. You don't have to be perfect. You just have to keep showing up.

So, What Makes a “Healthy Plate”?

Keep it simple and balanced:

Protein for energy and growth (think: eggs, chicken, turkey, beans, or full-fat yogurt)

Fiber-rich carbs to keep kids full and focused (like fruit, sweet potatoes, oats, or whole grains)

Healthy fats for brain health and hormone development (avocados, nuts/seeds, olive oil, grass-fed butter)

Colorful produce for vitamins and minerals (fresh, frozen, raw, or roasted—all count!)

Water as the best first choice for hydration

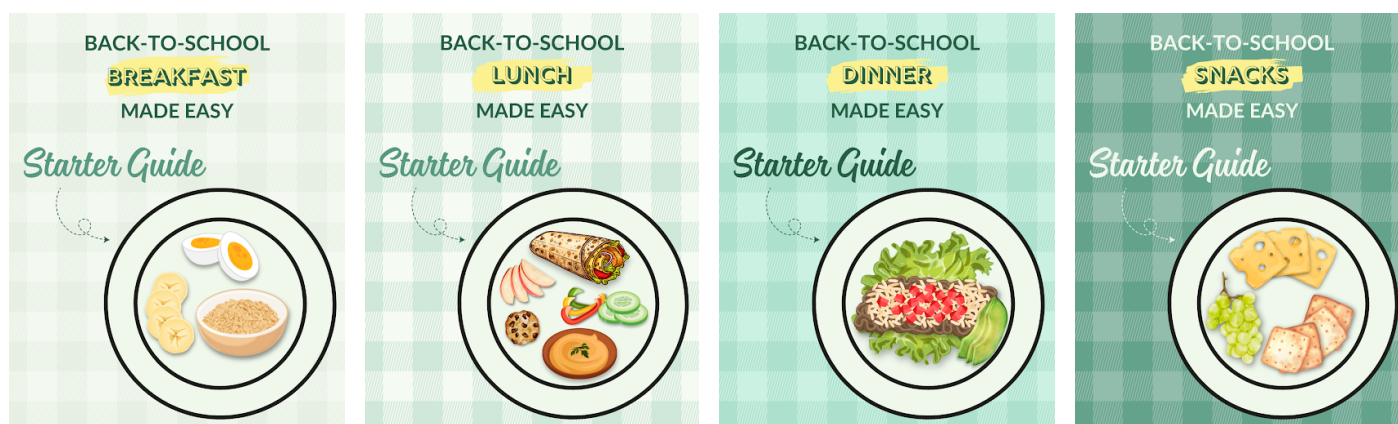
That's it. No strict rules, no special products, and no judgment if tonight's vegetable is a baby carrot eaten in the car on the way to soccer.

It's About Progress, Not Perfection.

There will be days when the drive-thru wins, the only green thing your kid eats is a sprinkle on a cupcake, or dinner is cereal at 8 p.m. That's real life. And that's okay.

What matters most is the overall pattern, not any single plate. Are you offering real, whole food more often than not? Are you trying to model habits you hope your kids grow into? Then you're doing a great job—truly.

Food isn't just fuel. It's connection, culture, creativity, and care. And kids don't need perfection. They need consistency, love, and the chance to learn.



The Danish Aluminum Study: What It Found—and the Debate That Followed

A major Danish study tracked **1.2 million children over 23 years** to see if aluminum exposure in infancy from vaccines and formula was linked to health issues like asthma, autoimmune conditions, or neurodevelopmental disorders. Researchers found **no association** between aluminum exposure and increased risk for more than 50 outcomes.

That conclusion sparked discussion. In particular, Robert F. Kennedy Jr. raised concerns about how the data was analyzed and whether supplementary results suggested possible risks for certain neurodevelopmental disorders.

Lead researcher Anders Hviid responded, explaining why study design choices were based on established methods and followed a prior U.S. study design, clarified the institute's independence

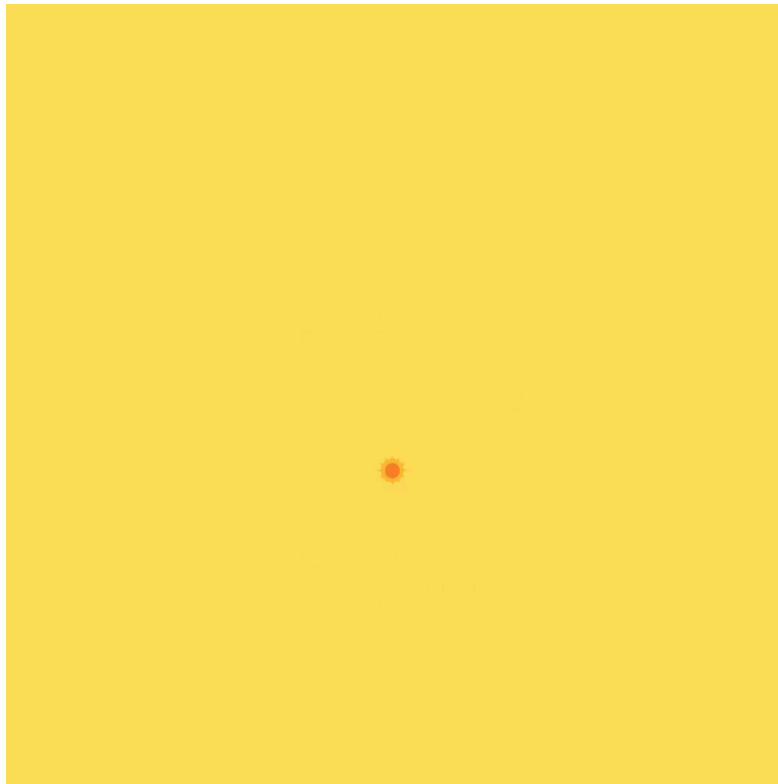
from vaccine manufacturing, and maintained the conclusion: **the study does not support a link** between aluminum-containing vaccines and early childhood health problems.

Our two blog posts break down both the study's findings and the discussion that followed—so you can see the full picture and decide what matters most for your family.

Read more:

- [*What a 23-Year Danish Study Says About Aluminum in Infant Products — And Why It Matters for Parents*](#)
- [*From Findings to Debate: A Follow-Up on the Danish Aluminum Study*](#)

FACT OR MYTH?



Keep up the conversation!

Follow us [@adv4healthykids](https://twitter.com/adv4healthykids) for useful tips, clear breakdowns on hot-button issues, and encouragement to stay empowered and confident in your role as a key part of your child's growth.

ADVOCACY ACTION



Looking for a nighttime activity to do with the kids that doesn't add more screen time? Try a game of cards! Easy games like Go Fish, Crazy Eights, or SlapJack. Limiting screen time before bed can help your family get a better night's sleep, which in turn can aid with early school mornings.

**LEARN HOW TO PLAY THESE
GAMES AND MORE**

A NOTE FROM DR. DUNNAVANT



Dear Friends,

*Welcome to The Healthy Buzz! I'm Dr. Siobhan Dunnavant, Senior Advisor of Advocates for Healthy Kids. As a mom, physician, and former state senator, I've spent my life working to protect children's health and strengthen families. This newsletter is one more way we can connect, share knowledge, and stand together for what matters most—**our kids**.*

At Advocates for Healthy Kids, we believe parents should always have the tools, information, and freedom to make the best decisions for their families. That means cutting through confusion, providing clear and trustworthy resources, and giving you the confidence to ask hard questions and seek honest answers.

We know parenting today can feel overwhelming—especially when the advice you get is often loud, conflicting, or politicized. Our mission is to bring you balanced, practical, and research-backed insights on the hot-button issues of the day, so you can focus on raising strong, resilient kids.

Your voice matters. Your role matters. And together, we can make sure parents stay empowered as the most important advocates in a child's life.

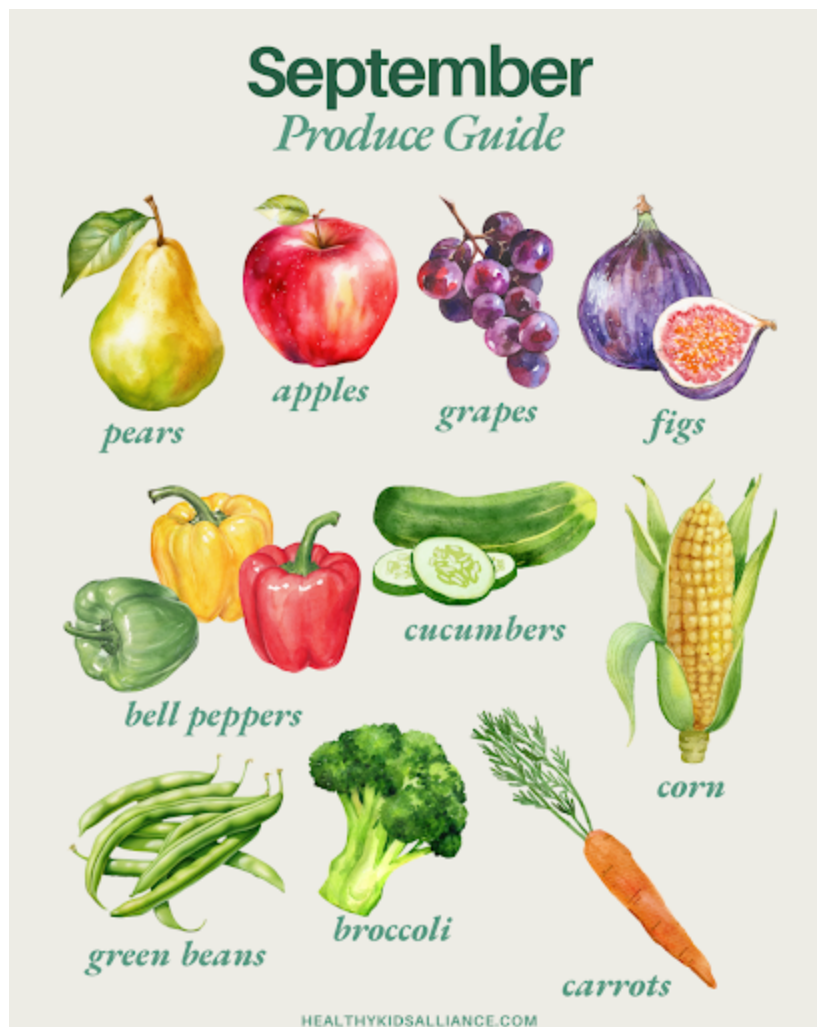
Thank you for being part of this community. I'm glad you're here.

Warmly,

Siobhan Dunnavant, MD

Senior Advisor, Advocates for Healthy Kids

PRODUCE OF THE MONTH



EASY BACK-TO-SCHOOL DINNER RECIPE

Crock-Pot Chicken Tacos

Busy school days call for dinners that practically make themselves. This Crock-Pot Chicken Taco recipe is a lifesaver. You can set it to low in the morning and come home to a ready-to-serve meal. Chop your veggies earlier in the week on a slower day, then just add everything to the pot when it's time to cook. By dinnertime, you'll have a dish packed with protein, healthy fats, fiber, and colorful produce—nutrients your kids need, in a meal the whole family will love!

[DOWNLOAD TO SAVE THIS RECIPE FOR LATER](#)

ENGAGE WITH US

What are your kids' favorite classroom subjects? How do you get them excited about learning at the start of the new school year?

LET US KNOW HERE

KEEP IN TOUCH

Follow Advocates for Healthy Kids for quick tips, fun updates, and real talk from fellow parents and our founder, Dr. Dunnavant. Get involved and help us keep our children safe and healthy!



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