



Television Poisoning



If you think youngsters' minds are being tainted by the pap on television, you have another worry coming: Their digestive tracts are being as warped as their brain tissue.

A national survey of students in the 5th to 10th grades shows that TV viewing is associated with **unhealthy eating and bad food choices**. The more television kids watch, the worse their diets become.

Researchers at the Eunice Kennedy Shriver National Institute of Child Health and Human Development, Bethesda, Md.,

conclude: "Television viewing time (is) associated with **lower odds of consuming fruit or vegetables daily and higher odds of consuming candy and sugar**-sweetened soda daily, skipping breakfast at least one day per week and eating at a fast food restaurant at least one day per week..."

Parents be warned: Letting kids watch unlimited television is sending them on **a path to an unhealthy diet**.

"There is something parents can do," researcher Ronald Iannotti told [The New York Times](#). "**Limit TV time, and make sure healthy snacks, particularly fruits, are available.**"



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