

# Put health front and center

**By Letters to the Editor**

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Studies show sodas and sugary drinks are a big part of the problem when it comes to childhood obesity and tooth decay. We also know young people develop lifelong food and drink preferences based on what they eat as children. It is time to stop including unhealthy drinks with our children's meals.

Some restaurants already have taken the lead in a national effort to serve healthier food to children and no longer list soda as a default option for their kids' meals. I salute McDonald's, Subway, Chipotle, Arby's, Panera, Burger King and Wendy's for doing their part to help kids make healthy choices.

We can make this the standard in Davis, too. In early October, Davis Mayor Dan Wolk introduced a Healthy Families Initiative in which one component is to make milk or water the default beverage in kids' meals at local restaurants (preserving soda as an option).

Soon, the Davis City Council will make a decision whether to require our local restaurants to list healthier default choices for kids' meals. I urge the City Council to support Mayor Wolk's proposal.

**Jim Provenza**

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