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War on Fat Has a New Twist

The war against fat has a new twist. Two HealthPartner clinics in Minnesota are prescribing fruits and vegetables to children age 5 to 12 who need a more nutritious diet. Doctors issue prescriptions that families take to participating supermarkets, which track and record what was purchased. The prescriptions are actually $10 vouchers paid for by HealthPartners. Once the 100 trial prescriptions of this pilot program are issued, HealthPartners will evaluate the results.

A previous study of fruit and vegetable prescriptions in England found that the recipients used the vouchers but once they were gone they went back to their old eating habits because fresh produce is considered too expensive to buy.


Presented daily by Twila Brase, President, Citizens’ Council for Health Freedom.

The Health Freedom Minute is now heard in 40 states: Mornings M-Th at AM1280 (The Patriot) in MN and 91.5 AM WHKC (FreedomFM) in OH, afternoons on American Family Radio, and daily on the Bott Radio Network.