

# Children's Health

## Healthful Eating

(NAPSA)—By learning the ABCs of DHA, many parents are discovering a delightful way to protect their little ones' hearts, brains and eyes.

### What It Is

DHA is an omega-3 fatty acid found throughout the body. It accounts for up to 20 percent of total brain mass and is particularly important before 5 years of age, when the brain increases approximately three-and-a-half times in mass. While many leading health authorities and pediatricians recommend 150 mg a day for children, most kids only get 20 to 30 mg, often because the foods that naturally contain DHA are organ meats, flaxseed and fatty fish that many children don't eat.

What's more, according to the 2008 Children's Nutrition Survey, conducted by Harris Interactive for Stremicks Heritage Foods, 68 percent of U.S. parents are not exactly sure what omega-3 DHA does and 59 percent of parents are not aware of the benefits of omega-3 DHA to their child's health.

### What Parents Can Do

Fortunately, you can now get milk enriched with omega-3 DHA.

Registered dietitian Elizabeth Somer says, "Parents need to understand the importance of DHA and how to easily get the nutrient into their children's diets to ensure optimal growth and development. One 8-ounce serving of a DHA-fortified product like Heritage Little Einsteins milk provides up to 32 mg of DHA and helps parents ensure their chil-



**Including the omega-3 fatty acid DHA in the diet helps ensure that cells in the brain, eye, heart and other parts develop and function properly.**

dren are obtaining adequate amounts of DHA in their diets."

### Nutrition Tips

Somer offers several fun ways you can help your child get this important nutrient:

- Use fortified milk to make creamy tomato soup.
- Cook oatmeal in DHA-fortified milk. Add wheat germ and raisins.
- If your child doesn't like white milk, add a teaspoon of strawberry flavoring—and serve with a straw.
- Create fruit smoothies with DHA-fortified milk, a banana and a handful of strawberries whipped in a blender.

### Learn More

More information on the importance of DHA in children's diets is available at [www.stremicksheritagefoods.com](http://www.stremicksheritagefoods.com).