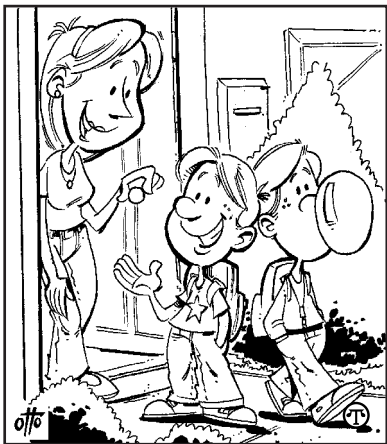


# A B C D E F G H Children's Health

## Making Nutrition Fun

(NAPSA)—Getting children to eat right can be more difficult than getting homework done before television. Vitamins and nutrients are essential for healthy bodies and minds.



**A new kind of vitamin gumball makes it fun for children to get the nutrients they need.**

Poor food habits that begin during childhood often continue into adulthood, notes Barbara Levine, R.D., Ph.D. To ensure that children get the nutrition they need, Levine offers these tips:

- Involve kids in cooking and shopping. Encourage them to pick a new healthy food on each visit to the supermarket and prepare meals that include their choices.

- Instead of junk food, give kids choices of several healthy snacks, such as an apple, a granola bar or carrot sticks.

- Use cookie cutters to cut nutritious foods, like whole grain bread or cheese, into fun shapes.

- Give children a daily multivitamin, such as Vitaball vitamin gumballs, which deliver 100 percent of the recommended daily allowance of 11 essential vitamins.

For more information about Vitaball, including a free sample, visit [www.vitaball.com](http://www.vitaball.com).