

# **Pointers For Parents**

## **Smart Snacks For Their Knapsacks**

*No Need To Leave Nutrition Behind When Kids Head Off To School*

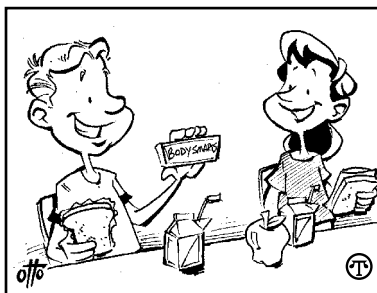
(NAPSA)—The lunch bell rings. Kids flip open lunchboxes and tear into brown bags, searching for a snack to soothe their sweet tooth. But until now, that snack often fell into one of two categories: a yummy one filled with sugar and empty calories, or a wholesome one that kids may not be excited about.

Now there is a different option for kids' lunchboxes: a new category of nutritious snacks made with real candy ingredients and fortified with vitamins, minerals and other nutrients that not only help parents pack sweet snacks that make the grade but also keep kids happy.

"Lunchtime may mean a break from learning, but kids should still be snacking smart," says Ruth Carey, R.D., L.D., nutritionist. "A great option for their lunch boxes or after-school cravings is one of the new nutritious snacks on the market that taste like candy. They let us feel better as parents, but also satisfy children's need for a treat."

Packing a smart lunchtime snack like BODY SMARTS™, a new line of nutritious snacks for the candy lover, will provide kids with vitamins, minerals and other nutrients their bodies need. BODY SMARTS are made with real candy ingredients like milk chocolate and roasted peanuts, so kids won't even know they're eating something that's good for them.

BODY SMARTS Chocolate Peanut and Yogurt Berry Crunch bars are a source of 17 essential vitamins



**A snack has been created that soothes the sweet tooth and is fortified with vitamins, minerals and nutrients.**

and minerals and provide more iron than a cup of spinach, more protein than a tablespoon of peanut butter and as much dietary fiber as a slice of whole wheat bread. One serving of Strawberry or Assorted Creamy Fruit Chews provides the same calcium as a glass of milk plus vitamin A, E and 100 percent of the daily-recommended value of vitamin C.

"As parents, we have to instill good eating habits in our kids from an early age. Our job is to find snacks that give them the best of both worlds—great taste and nutrition," says Carey.

In addition to offering great candy taste with nutrition, sweet snacks can be affordable too. BODY SMARTS single-serve packages retail for less than one dollar and multi-serve packages for less than two dollars, and can be found at the checkout counter and in the candy aisles of most grocery, drug, mass merchandiser and convenience stores.