

Nutrition News And Notes

Experience A Favorite Food On A Whole New Level

(NAPSA)—Moms seek foods that are great tasting, fun and popular among kids, yet also good for them. Sometimes, finding foods that her family loves and she can feel good about serving seems like a daunting task.

Pop-Tarts Toaster Pastries with One Serving of Whole Grain deliver the whole grain and fiber moms demand with the great taste kids love. Available in two flavor varieties, Strawberry and Brown Sugar Cinnamon, each serving delivers 16 grams of whole grains, a full third of the recommended 48 grams we should eat every day. The new Pop-Tarts Toaster Pastries are fortified with six vitamins and minerals and have the same delicious taste families know and love.

Get on the Grain Train

Fewer than 10 percent of Americans get their recommended daily servings of whole grains each day*. Moms are looking for ways to add these to their kids' diets. Follow these tasty tips to make sure your kids get the whole grains and fiber you demand, and the great taste and fun they desire:

- **Sneak It In:** Add crushed whole-grain cereal to your kids' favorite foods like pancakes, cookies and muffins. Or, add extra



Get on the Grain Train—Some of your children's favorite foods are not only tasty, they deliver grain and fiber, too.

beans to taco dips and chili for added fiber.

- **Grains with Global Taste:** Try whole-wheat pasta for Italian night and corn tortillas for your next fiesta.

- **Grains on the Go:** Start the day with a nutritious breakfast, rich in whole grains. When in a rush, a portable, fun snack like Pop-Tarts Toaster Pastries with One Serving of Whole Grain helps your kids get the whole grain and fiber they need while eating a favorite food.

- **Fabulous Fruity Fiber:** Stir up a fruit smoothie, or add fresh fruit to your kids' yogurt cups.

- **Experiment:** Introduce new grains like spelt and barley.

*Based on a study from the U.S. Department of Agriculture included in a November 2007 Economic Research Service report summary.