

NUTRITION NEWS

Fun Ideas For Parents Of Picky Eaters

(NAPSA)—The secrets are out! Parents of picky eaters everywhere now can find new ideas on getting more nutritious foods and drinks in their kids' diets.

As part of the Nestlé® Nesquik® “Mom’s Secrets for Making Nutrition Fun” Contest, parents were asked to share their most fun and creative nutrition secrets for getting their kids to eat healthy foods. Nutrition secrets from the grand prize winner and nine runners-up were selected out of more than 1,200 entries received.

“Just like Nesquik makes it easy and fun for parents to serve a nutritious drink to their kids, these 10 tips are proof that nutrition doesn’t have to be difficult. We are excited to be able to share these secrets with parents everywhere,” said Ken Malouf, associate marketing manager, Nestlé USA.

The grand prize winning tip, submitted by Susan G. of Antelope, Calif. was the “Vegetable of the Month Club” which Susan G. used to teach her picky eaters about a variety of tasty nutritious vegetables.

• “Each month, I provided my kids with a list of vegetables to sample. Once they selected which vegetables, it was off to search in the produce departments of our local markets. Together, we washed, sliced, diced, mashed and sampled our way through eggplant, avocados, rhubarb, cauliflower, asparagus, spinach, yams and the entire squash family. Eventually, the kids realized a previously unknown vegetable wasn’t the enemy on their dinner plate.”

Tips From Nine Runners-Up:

• Grill fresh vegetables, chicken and beef over a grill or campfire together as a fun way to involve kids in the cooking process. (Connie G., Chambersburg, Penn.)

• Combine trips to the library and the grocery store by incorporating a theme from a children’s book into meal planning. For example, if a book is about a gingerbread man, use cookie cutters with this shape to cut nutritious sandwiches. (Julie O., Fremont, Ohio)



Parents shared their most creative ways to make healthy eating more fun in a national contest.

• Develop an “Alphabet Eating Adventures” calendar: each day is a new letter of the alphabet, with a fruit or vegetable beginning with that letter. (Charlene S., South Windsor, Conn.)

• Teach your kids to make happy face pita pizzas with a vegetable face: round carrot slices for eyes, half an olive for the nose, and a strip of red pepper for the smile. (Nancy B., Somerville, Mass.)

• Mix raw spinach in with any food that requires lettuce, such as salads, tacos or sandwiches. Spinach is packed with nutrients and kids won’t even know it’s there! (Kathy H., Battle Ground, Wash.)

• Add fruit slices (orange, pineapple or lemon) to your child’s water for a little pizzazz. Kids love the fruit flavor, and when they’re done, they can snack on the fruit pieces! (Lori T., Nashville, Tenn.)

• Make homemade breakfast bars with Nesquik powder, honey, peanut butter, peanuts, protein powder, oatmeal, wheat germ and crispy rice cereal. (Wendy P., LaVerkin, Utah)

• Create a variety of healthy mini-muffins: chocolate zucchini, banana nut, carrot raisin and apricot almond. (Laura J., Davis, Calif.)

• Make simple fruit kabobs on pretzel sticks with bananas and strawberries. (Lesia O., Fort Knox, Ky.)

For more tips on child nutrition, visit www.Nesquik.com.