

NUTRITION NEWS

Moms Reveal Top Ten Nutrition Checklist

(NAPSA)—As parents continue to “shape up” their families’ eating habits, moms were asked to share their top ten list of nutritious drinks and snacks that they regularly serve their kids.

According to this recent national survey conducted on behalf of Nestle® Nesquik®, moms’ top ten nutritious foods and beverages are:

1. water
2. fresh fruit
3. milk/flavored milk
4. grilled chicken/fish
5. pasta
6. cooked vegetables
7. whole-grain cereal
8. 100 percent orange juice
9. tossed salads
10. raw vegetables with dip

In the survey, moms also revealed their biggest nutrition challenges as they try to get their children to eat healthier foods and beverages. Most moms cited their child’s preference for junk foods as their biggest obstacle; however, other nutritional challenges include their child not liking the taste of nutritious foods (52 percent) and their child’s perception that nutritious food and beverages are “boring” (48 percent).

“Now more than ever, pediatricians and dieticians are concerned that kids are not getting the essential vitamins and nutrients their growing bodies need,” says Connie Evers, registered dietician and child nutritionist. “One solution I have used with my own kids is to encourage them to make



Kids know what’s good for them—milk with added flavoring that also contains vitamins.

“boring” nutritious foods more tasty and exciting. For example, by simply encouraging your children to add Nesquik powder to their milk, you can turn an ordinary glass of milk into an exciting and delicious treat.”

A family tradition for over 50 years, a glass of Nesquik provides 40 percent of the calcium kids need everyday. Also, each serving provides all the nutrition of milk, plus it is specially fortified with essential bone building nutrients such as calcium, vitamin C, vitamin B6, zinc and biotin. It’s available in a variety of flavors—Chocolate, Strawberry, Double Chocolate and the newest addition, Very Vanilla. In addition, the chocolate powder is available in a No Sugar Added variety.

For more information, visit Nesquik.com.