

Pointers For Parents

Sneak Some Nutrition Into After-School Fun

(NAPSA)—Good news for parents concerned about childhood obesity, diabetes or other health and dietary issues. You can help your youngsters enjoy healthy food. You want to give your kids the right foods, but you also have to deal with the simple fact that kids like food that tastes good. They might try something that's "good for them" once or twice, but they certainly won't be asking for seconds if it's something they don't like.

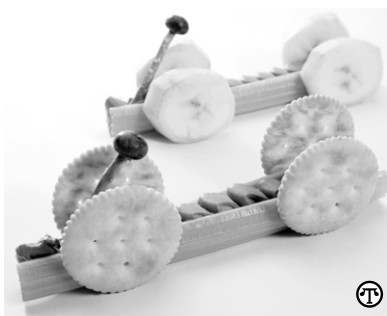
Reducing sugar seems like an obvious choice, particularly considering that, according to the American Diabetes Association, almost 21 million children and adults in the U.S. are living with diabetes and the risk of childhood obesity is on the rise.

Fortunately, there are new products being developed and improved that give parents an edge when it comes to getting kids to enjoy treats that have no added sugars, while still delivering the sweet taste kids love. For example, Nestlé Nesquik has recently introduced a new and improved No Sugar Added Chocolate Powder that has a delicious chocolate taste kids will love. It also has only 35 calories per serving of powder, which is 55 percent less than other flavored powder and syrup brands. As an added bonus for parents, Nestlé Nesquik No Sugar Added is specially fortified with 33 percent more calcium than milk alone, which helps kids build strong bones.

For a fun after-school treat, check out this recipe that can have your kids racing their way to healthful eating.

Nesquik Racecars

2 tablespoons No Sugar Added Chocolate Flavor



DO play with your food. With a little imagination, good-for-you food can be fun, too.

Nestlé Nesquik Powder
2 tablespoons fat-free milk
2 tablespoons creamy peanut butter
8 small round crackers or 8 banana slices
2 stalks celery, cleaned and trimmed to 6 inches in length
2 fresh blueberries or grapes
2 small pretzel sticks

COMBINE Nesquik and milk in small bowl until Nesquik is dissolved. Stir in peanut butter until smooth.

PLACE Nesquik mixture in small, heavy-duty plastic bag. Cut small corner from bag and squeeze about 1 tablespoon mixture down center of each celery trough. To assemble "wheels," squeeze some Nesquik mixture onto crackers or banana slices and press "wheels" onto both sides of celery. For "steering wheels," press one blueberry or grape onto top of each pretzel stick. Place "steering wheels" near front of racecars, pressing into Nesquik mixture.

(makes 2 servings)