

Tastes Great And Good For You: Expert Advice For Making Kids' Nutrition Fun

(NAPSA)—Getting kids to eat right can be a struggle, but it doesn't have to be that way. Elizabeth Ward, M.S., R.D., author of "The Complete Idiot's Guide to Feeding Your Baby & Toddler" and a mother of three, provides moms with the following ideas to make eating healthful foods fun and tasty for kids:

- **Breakfast for Dinner:** Mix up mealtime by making breakfast for dinner. Serve vegetable and cheese omelets or scrambled eggs and whole grain breads. Cut up fruit and pour a glass of chocolate milk for a balanced meal.

- **Snacks in a Snap:** For fast snacks, swap chips for popcorn, which counts as a whole grain, or allow kids to make their own trail mix with whole grain cereal, dried fruit, nuts and sunflower seeds.

- **Smart Drinks:** Stir in Nestlé Nesquik Powder, which has 25 percent less sugar than other powder and syrup brands, to an 8-ounce glass of milk. Adding Nesquik to milk gets kids to drink more milk with a taste they'll love and increases their intake of calcium by 33 percent more than milk alone.

- **Kitchen Helpers:** Encourage kids to make fun dishes, such as personal pizzas. Top a small whole grain tortilla with tomato sauce, shredded cheese and chopped vegetables. Bake in a 400° F oven until cheese melts, about 10 minutes. Serve with a salad.

What's the Straight Scoop?

With all the nutrition information available to moms, it's not always easy to separate fact from fiction. Ward debunks some common nutrition myths to help moms make the best decisions when it comes to feeding their children.



Myth: Kids who drink flavored milk consume more sugars and fat overall.

- **Fact:** According to a study in the *Journal of the American Dietetic Association*, kids who drink flavored milk are more likely to consume milk in place of nutrient-poor beverages without increasing the sugars or total fat in their diets.

Myth: Snacking is not good for children.

- **Fact:** Young children have relatively small stomachs, so they may need to eat often to fulfill their nutrient quotas. Feed them with small portions of the same foods you would serve them at mealtime, such as sandwiches, fruit, vegetables and milk, instead of low-nutrient, high-fat snacks such as cookies, chips and soda.

Myth: Calcium is the only essential nutrient in milk.

- **Fact:** Milk also provides other essential nutrients important for growth and development, including vitamin D. And adding Nestlé Nesquik Powder to an 8-ounce glass of milk provides even more nutrients, six of which aren't in milk—or are present only in low amounts—including vitamin C, vitamin B6, zinc and copper.

For more helpful tips, nutrition facts, recipes and activities to make mealtime more nutritious and fun, visit www.nesquik.com/kitchen.