

Tips For Making Nutrition Fun For Kids

(NAPSA)—Keeping your kids healthy can include teaching them about good nutrition by introducing fun into their diets. When kids are home from school, parents can play a larger role in what types of foods their children will be eating throughout the day. One of the best ways to get kids interested in good nutrition is to make it fun.

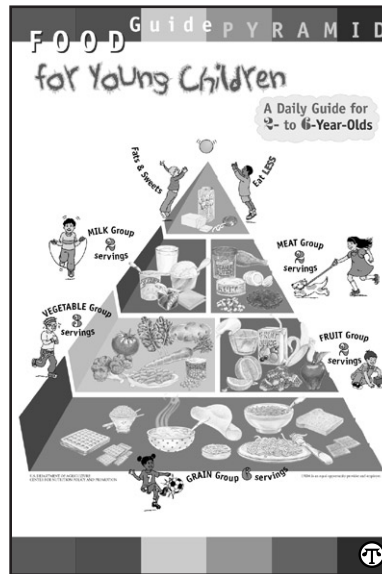
Parenting expert Sissy Biggers suggests that getting kids involved in food preparation is one way to get them excited about eating well. “Invite your kids to create their own dishes using three nutritious ingredients you provide,” said Biggers. “Soon they’ll learn to make these healthy choices themselves.”

There’s an abundance of fresh and vitamin-packed produce to choose from when planning your child’s daily diet. Kids age two to six need at least two servings of fruit and three servings of vegetables per day according to the USDA Food Guide Pyramid for Young Children.

Here are a few more tips to help make nutrition fun for your kids.

- **Keep it simple**—Good nutrition does not have to be difficult. Foods that kids love may already be convenient for you to serve. Fruit-flavored yogurts and string cheese help keep calcium fun-on-the-run, and Franco-American SpaghettiOs pasta is a nutritious, kid-friendly lunch option. While providing a full serving of vegetables and grains, SpaghettiOs pasta is also a good source of vitamin A and iron, and is 99 percent fat free.

- **Dip It**—Take advantage of the bounty of delicious fresh fruits



and vegetables that are available by serving them as snacks to your kids whenever possible. If your child will not eat vegetables, try serving them with dips, such as ranch dressing or a mild salsa. Eating with their hands keeps nutrition fun for kids.

- **Everybody Outside**—Regular exercise is an important part of a healthy lifestyle. Keep it fun by exercising together. Consider active, outdoor family outings such as bicycling through the local park, hiking nearby trails or swimming at the beach or lake.

“It is important for kids to learn good eating habits now,” adds Biggers. “It is these early food experiences that will set healthy patterns for the rest of their lives.”

For more news and information about SpaghettiOs visit www.spaghettiOs.com.