

## Healthy Options For Kids' Lunches

(NAPSA)—Parents are finding fun ways to help their children eat better.

“Empty calories” from soda, junk food-filled vending machines and candy contribute, it’s believed, to the rising obesity rates among children. The scary part is, these unhealthy foods are often available to kids during school lunch hours.

What can parents do to ensure their kids are eating healthy at school? Sharon McNerney, a registered dietitian, said one easy way parents can address the problem is to prepare lunches at home.

“By making a child’s lunch, parents have control over what food kids are eating,” said McNerney. “By preparing food that also tastes good, children and parents are both happy.”

McNerney suggests packing children’s lunches with nutrient-rich food, like fruits, vegetables and food high in protein.

“Shelf-stable seafood like tuna and salmon are great meal options that are high in protein and low in saturated fat,” she said.

Don George, senior vice president of marketing for Chicken of the Sea International, said thousands of parents turn to canned and pouched tuna, salmon, shrimp and other seafood to provide great tasting and nutritious lunches for their children.

“Parents have been offering tuna sandwiches to kids for years,” said George, “but they are now finding creative ways to make lunch fun by trying recipes like salmon pasta salad, or putting a twist on tuna by adding apples, nuts or raisins to the traditional tuna salad.

Chicken of the Sea’s newest products, three-ounce tuna and salmon pouches and the Tuna Salad Kit Singles, are also options for kids or older people on the go.



**Your youngsters can enjoy a healthful school lunch when you put a little twist on tuna.**

These single-serving meal options are tasty alternatives to some high fat ready-to-eat products.

For recipe ideas, visit [www.chickenofthesea.com](http://www.chickenofthesea.com). While you are there, join the new Mermaid Club to receive recipes and health information via e-mail. In the meantime, try this recipe for Tuna Spirals that is easy to make, tastes great and is healthful for kids.

### Tuna Spirals

**A fun finger sandwich that kids of all ages will enjoy.**

#### Ingredients:

- 3 oz. cream cheese, at room temperature**
- 6 oz. solid white tuna in water, drained**
- 12 slices white sandwich bread, crusts removed**
- 2 tablespoons Russian dressing**

#### Directions:

- 1. Flatten bread slices with a rolling pin.**
- 2. Combine remaining ingredients in small bowl; mix well.**
- 3. Spread mixture on bread and roll into cylinders. Wrap in plastic and chill for 2 hours. Cut each into five even slices.**