

Nutrition Improvements For Lunchtime

Make The Grade For Mom And Kids

(NAPSA)—Busy parents often face the daily challenge of packing a school lunch that meets their nutrition standards while keeping the taste kids' love. The good news is that there is an answer to this lunchtime dilemma. Lunchables is taking steps to make its products better, so they'll always be a lunchtime option both kids and moms can love.

Mom and registered dietitian Bridget Swinney supports the idea that a child's lunch should be nutritious, delicious and fun. "Lunchtime is often a highlight of your child's day so it's important to pack something that they'll look forward to eating and you'll feel good about serving," says Swinney. "I think the *Sensible Solution* Lunchables products are a perfect example that better for you doesn't have to be boring." The Kraft *Sensible Solution* Program identifies products that meet "better-for-you" nutrition criteria—just look for the green flag on the front of the box.

Swinney has a few simple tips to pack a lunch for your child that will make the grade come lunchtime.

- Talk to your child and find out what he likes to take for lunch—and what he likes about his friends' lunches, too.
- Plan the week's lunches together, giving your child choices that you can approve. When your child helps pack his own lunch, he'll be more likely to eat it instead of trading!
- Make it easier for your child to enjoy a nutritious lunch. Pack fresh fruits and vegetables in



easy-to-eat options like grapes, baby carrots, apple slices, orange slices, or half a kiwi with a spoon.

- Write a note on your child's napkin to let him know you're thinking about him. It's a small gesture that goes a long way!

Parents want the best for their kids, especially when it comes to what they eat, and food manufacturers are helping provide the tools moms need to make more informed decisions. This is where lunchtime products such as those carrying the *Sensible Solution* flag can help, since all of these options have less than 30 percent of calories from fat, less than 10 percent of calories from saturated fat and many are either a good or excellent source of calcium. These products are more fun to eat than ever, so while kids won't notice the changes, you will.

For those parents looking for a convenient, "better-for-you" lunch option, there are now nine items that meet the *Sensible Solution* criteria, with the three newest being Mini Hot Dogs, Mini Pizza and Maxed Out Extra Cheesy Deep Dish Pizza.