

Bring Family And Dinner Back Together

(NAPSA)—In today's busy, fast-paced world, family dinner is more important than ever. Dedicating the dinner hour to family time allows parents and kids to catch up and enjoy a delicious meal together. Yet many parents struggle to find a convenient, easy-to-serve dish that they can feel good about and that their kids will love.

Increased attention to better-for-you options such as whole grains, fiber, fresh fruit and vegetables has parents thinking about alternative food choices. Yet many of these options are often met with a less-than-enthusiastic response by children and preparing these dishes can take precious time.

Many companies are beginning to offer choices that satisfy parents' nutrition requirements and kids' taste preferences. For example, Back to Nature products are based on the principles of no artificial flavors or preservatives and the company recently introduced a version of a familiar dinner favorite, macaroni and cheese, with its new Harvest Wheat Elbows & Cheddar Pasta and Sauce. Offering the best of both worlds, the new pasta dinner has eight grams of whole grain per serving and will satisfy parents searching for convenient meals while still delighting kids who want a great-tasting dinner option.

"The new Back to Nature Harvest Wheat Elbows & Cheddar Pasta and Sauce has the same



great flavor, color and texture of the much loved classic, but offers a boost of whole grain fiber and contains zero grams of trans fat and no hydrogenated oils," said Donna Prizgintas, celebrity chef and mom. "It's an easy way to incorporate a delicious whole grain option into your family's diet."

Prizgintas suggests using the new pasta dinner as a way to incorporate other healthful items to your dinner table and offers the following tips:

- Increase the amount of beneficial nutrients in your dinner and get the whole family involved by letting each person add his or her own favorite vegetable to the pasta dish, like sliced cherry tomatoes, steamed green beans or broccoli

- Add protein and a Tex-Mex flavor to the pasta dinner by mixing in options such as lean ground beef or turkey, with a touch of salsa to spice it up.

For more delicious dinner and snacking ideas for the family, visit www.backtonaturefoods.com.