

Healthy Eating

Fun Snacks Keep Kids Smiling—And Healthy

(NAPSA)—There are plenty of ways by which parents can get even the most finicky little eaters to enjoy healthful foods. The key is to select foods that are healthy, fun and delicious.

For instance, adding pears to kids' favorite dishes or coming up with some new ways to include pears in your child's daily menu can increase the nutrition content of meals without a lot of added time or trouble. Plus, pears can be used in a number of simple recipes that your child will enjoy making with you.

Try these tips for adding pears—and therefore nutrients like fiber and vitamin C—to your child's diet:

Pear "French Fries"

Using a French fry cutter or a knife, slice firm pears into French fry shapes. Serve these healthy treats raw with yogurt or chocolate sauce for dipping as an after-school or anytime healthy snack.

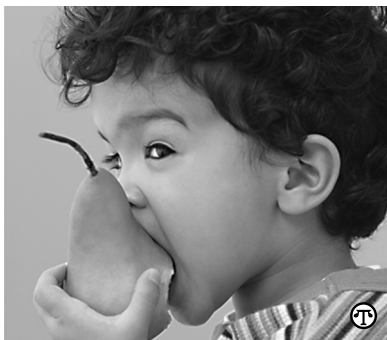
Pearfect Cheese and Crackers

Top whole grain crackers with sliced pears and low-fat cheese for a slightly sweet snack or lunch.



Yogurt Pearfait

Place pear chunks in the bottom of a clear glass. Have your



Pears can be a simple and kid-friendly way to add nutrition to mealtime.

child add layers of plain or vanilla low-fat yogurt, granola and more pears for an amazing breakfast or snack.

Pear-kebabs with Strawberry Dipping Sauce

- 1 cup vanilla yogurt
- 4 tablespoons strawberry preserves
- 2 Bosc or Anjou USA Pears, cored and cut into 1" cubes
- 2 bananas, cut into 1" slices
- 1 can pineapple chunks, drained
- 2 cups strawberries, stems removed
- 6 wooden skewers

In a small bowl, combine yogurt and strawberry preserves. Set aside.

Alternate pears, bananas, pineapple and strawberries onto the skewers.

Serve fruit with strawberry sauce on the side.

Serves 6

For more kid-friendly recipes, tips and online games, visit www.usapears.org.