

Feeding Your Child's Success

(NAPSA)—Raising happy, successful kids may prove easier for parents who heed a few hints.

“There’s a myriad of ways parents can help meet the challenge of wholesome eating and living,” explains registered dietitian Bridget Swinney, who’s also a mother of two. She understands the importance good nutrition plays in kids’ success and offers several tips for parents:

1. Kitchen Connection: Cooking boosts kids’ confidence level while also spurring creativity. Cooking exercises math skills by calculating measurements, science skills by watching and learning how baking soda makes dough rise, and organizational skills as they follow recipes’ step-by-step procedures.

2. Mix it Up: At lunchtime and snack time, introduce new foods that are pumped with nutrients such as low-fat dairy, whole grains, lean meats and fruits to help your child get the nutrients needed for optimal brain development.

3. Fun and Fit: Exercise is key to healthy development of brains and bodies. It strengthens muscles and improves bone health. Activities such as basketball, dancing and active video games can help all parts of the body get a workout.

4. H₂O To Go: A recent survey by the Environmental Protection Agency revealed that 65 percent of children between the ages of 5 and 14 drink less water than they should. This is especially troubling since dehydration can lead to a reduction in mental and physical performance. Children need at least six to eight glasses a day* to be fit and perform better in school.



Be sure your youngsters get at least five servings of colorful fruits and vegetables each day.

The good news for parents is new Lunchables Lunch Combinations feature spring water as the drink. What’s more, the meals include bread made with whole-grain, turkey made with 100 percent turkey breast and, for the first time ever, the line will include sub sandwiches and applesauce.

Swinney knows habits such as eating well and exercise are the cornerstones to building a strong body. “Understanding the importance of good nutrition is vital to our children’s growth. It’s imperative that we instill good habits from an early age,” says Swinney. “I appreciate that there are options that help parents provide their kids with foods that will help them succeed.”

Learn More

For more information, visit www.lunchables.com or call (800) 323-0768.

*<http://www.epa.gov/kids>