



Pointers For Parents

Nutritious Breakfast Can Help Kids Stay Focused Longer

(NAPSA)—If you are trying to help your kids pay better attention in school, you may want to start their day with an “E” for eggs. A recent study published in the medical journal *Pediatrics* found that a substantial, nourishing breakfast can help children remain more alert at school.

Fortunately, one of the most nutritious breakfasts is also kid pleasing, delicious and quick and easy to make—eggs.

From omelets and frittatas to scrambled and wrapped in a burrito with some sautéed veggies, it is a smart idea to start with the freshest and most nutritious eggs, Eggland's Best eggs.

Compared to ordinary eggs, Eggland's Best eggs contain 25 percent less saturated fat and 200 mcg of lutein for eye health; provide 10 times more vitamin E, 175 mg of cholesterol (compared to 213 mg in ordinary eggs) plus 40 percent of a person's daily requirement of iodine; and are an excellent way to include omega-3s in your child's diet.

Start With The Best

Stamped with a distinctive “EB” mark, these award-winning eggs have earned the Gold Medal for superior taste in a triple blind judging by professional chefs of the American Masters of Taste.

They have also earned the Men's Health Top Pick as the Best Eggs, the Crystal Egg Award from the International Egg Commission and the National Health & Well-



A hearty breakfast means kids may find it easier to focus in school and their ability to concentrate may last longer.

ness Club Stamp of Approval for flavor, quality and nutrition.

Eggland's Best eggs are available in cage free and organic and are all kosher certified. The hens that lay the eggs are fed a strictly controlled, high-quality, all-natural, all-vegetarian diet, without added hormones, antibiotics or steroids of any kind.

To help your kids get ahead, start with a delicious recipe like the Autumn Omelet. The great taste and fresh ingredients are sure to be the brain food that kids need to get ahead in school.

Autumn Omelet

Serves 4

Ingredients:

- 1½ cups zucchini, thinly sliced
- 1 cup fresh corn kernels (or

- one 8-oz. can whole-kernel corn, well drained)
- ½ cup sweet red peppers, chopped
- ¼ cup onion, chopped
- ¼ teaspoon Italian seasoning
- ½ teaspoon crushed red pepper
- 1 tablespoon water
- 4 large Eggland's Best eggs
- ¼ cup nonfat milk
- ¼ cup (1 oz.) low-fat shredded cheddar cheese

Preparation:

• In a 10-inch nonstick skillet, combine vegetables, Italian seasoning, pepper and water. Cover and cook over medium heat, stirring occasionally until crisp-tender.

• Thoroughly blend eggs and milk. Pour over vegetables. Cook over low heat until eggs are almost set.

• Sprinkle with cheese. Broil about 6 inches from heat until cheese is melted.

• Cut into wedges and serve from pan or slide from pan onto serving platter.

Notes and Suggestions

• Can be prepared as a frittata or as an omelet, with a flatter, fold-over shape.

• Can add or subtract vegetables as your kids prefer.

For More Information

For more information and nutritious recipes, visit www.eggland.com.