

# Nutrition for Active Families

## The Convenience Conundrum

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(NAPSA)—Convenience foods are easy to use, but they aren't always the most nutritious choices. The good news for busy parents is that foods such as canned soups and macaroni and cheese can be easily improved. Here's how:

**1. Shop for the best.** Search ingredient lists for “whole grain” or “whole” in front of the name of the grain. At least half of a child's grain intake should come from whole grains.

**2. Improve upon it.** Add fruits and vegetables to upgrade convenience foods. Here are some tips:

- **Breakfast:** Start the day with a healthful cereal such as Mom's Best Naturals Quick Oats. To boost calcium and vitamin D, prepare according to microwave directions using milk instead of water. When cooked, stir in chopped apple or pear or ¼ cup applesauce and ½ teaspoon cinnamon.

- **Frozen pizza:** Top with grated reduced-fat cheese and vegetables.

- **Store-bought roasted chicken:** Add quick-cooking brown rice, cooked vegetables, fruit and milk for a complete meal.

- **Macaroni and cheese:** Toss cooked, diced carrots and broccoli with cooked macaroni.



**Nutritious meals may be easier to serve than many families realize.**

- **Condensed tomato soup:** Make with fat-free milk and top with reduced-fat shredded cheese.

- **Condensed potato soup:** Prepare with fat-free milk and stir in puréed, cooked cauliflower.

- **Stuffing mix:** Make with apple juice and add raisins and diced celery.

- **Canned alphabet soup:** Add cooked, pureed beans.

- **Refrigerated cookie dough:** Unwrap and allow to soften; stir in 1 cup Mom's Best Naturals Quick Oats or ½ cup wheat germ. Roll into balls and bake as directed.

- **Brownie mix:** Replace half the oil, butter, or margarine with equal amounts of puréed prunes or low-fat plain or vanilla yogurt.

**3. Learn more.** You can find more tips and recipes online at [www.momsbestnaturals.com](http://www.momsbestnaturals.com).