

# Pointers For Parents

## Nutritious Meals Can “Egg On” Learning

(NAPSA)—There are many ways to help your children succeed in school. These can include reading to them regularly, teaching them effective study skills and showing them how to be organized. In addition, a good way to help them go to the head of the class is by improving their diet.

According to recent research at the National Institutes of Health, a diet rich in omega-3s can help brain and nervous system development. It can also reduce the risk of high cholesterol and cardiovascular disease.

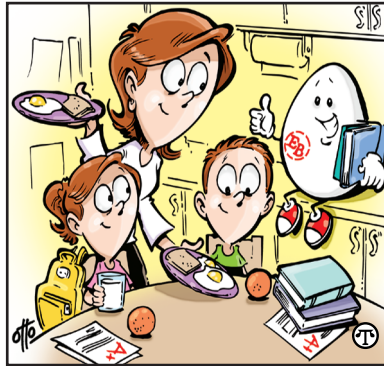
Fortunately, omega-3s are easy to find in grains, fish and green leafy vegetables. They can even be found in foods kids love, such as eggs. For example, one brand of eggs provides three times more omega-3s than do ordinary eggs.

“With increased amounts of vitamins A, B2, B12, D and omega-3 plus several other vitamins and minerals, Eggland’s Best (EB) eggs are a convenient nutrient booster,” said registered dietitian Julie Upton, MS, RD, co-author of “Energy to Burn: The Ultimate Food and Nutrition Guide to Fuel Your Active Life.” “As a healthy breakfast or snack, EB eggs provide the nutrition and energy to help you stay nourished and active all day long.”

### More Nutrient News

Parents may be pleased to learn that when compared to ordinary eggs, all EB egg varieties—large, extra large, jumbo, cage-free and organic—now contain:

- Four times more vitamin D to aid calcium absorption for healthy bone development;
- Almost 50 percent more lutein for maintaining eye health;



**As part of a healthy diet, eggs can be a simple way to provide the nutrients many kids need to succeed in school.**

- Ten times more vitamin E for cellular and tissue health;
- Over 75 percent more vitamin B12, which plays a key role in the normal function of the brain and nervous system.

Additionally, these eggs are a good source of vitamin A and vitamin B2, have 25 percent less saturated fat and 19 percent less cholesterol than regular eggs.

For a healthy and great-tasting treat, try EB Grab & Go Granola Bars. Save time by making these granola bars on Sunday so the family will be set with breakfast for the week:

### Ingredients

- 1 cup oats, quick cooking or old-fashioned**
- 1 cup Shredded Wheat cereal**
- 1 cup walnuts**
- 1½ cups dried fruit (such as a combination of dried apricots, dried plums, dried cherries and dried cranberries)**

- ½ teaspoon ground cinnamon**
- ½ teaspoon salt**
- 2 large Eggland’s Best eggs**
- ½ cup honey**
- 1 teaspoon vanilla extract**
- ½ cup mini chocolate chips**

### Preparation

• Preheat the oven to 350°F. Lightly oil or coat an 8 x 8-inch baking pan with non-stick cooking spray and set aside.

• Place the oats, cereal, walnuts, dried fruit, cinnamon and salt in a food processor and pulse until the mixture is finely chopped (the dried fruit should be the size of a dried pea or lentil).

• In a large bowl, whisk together the eggs, honey and vanilla. Add the oatmeal mixture and chocolate chips and stir to combine. Transfer to the baking pan and flatten down gently with the back of a spoon or spatula to spread evenly.

**Bake 25 to 30 minutes until the edges turn golden brown and the bars are done. Let bars cool completely in pan before slicing and serving.**

### Notes and Suggestions:

These bars freeze really well. So if you have leftovers, wrap individual portions in plastic baggies or aluminum foil and freeze.

**Yield: Makes 16 bars**

### Learn More

For more delicious and nutritious recipes and other healthy meal ideas, visit [www.EgglandsBest.com](http://www.EgglandsBest.com) or call (800) 922-3447.