

Pointers **For Parents**

A Guide To Healthy Eating For Kids

(NAPSA)—If you've ever wondered which nutritious recipes kids will actually eat or how to recognize the good and bad in school lunches, here's news that will be easy to digest.

Healthy Eating for Kids



Eat, **Play,** **and Be** **Healthy**

Featuring
the Healthy
Eating Pyramid
for Kids!

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EAT, DRINK, AND BE HEALTHY

Steps that parents can take to improve their children's diets are given in a new Harvard Medical School guide to healthy eating.

Drawing on his 40 years of clinical research, one of the world's most respected pediatricians has a new book to guide parents on healthy eating through the various stages of children's lives.

In "Eat, Play, and Be Healthy" (McGraw-Hill, \$16.95), Dr. W. Allan Walker uses his research-based Healthy Eating Pyramid to show parents how to apply it to their child's needs.

The book points out the steps parents can take to improve their children's diet along with what specific vitamins do and what foods you can find them in. "Eat, Play, and Be Healthy" is at bookstores nationwide.