

ABCs Of Good Nutrition

(NAPSA)—Teaching kids valuable lessons doesn't happen overnight. The best way to guide them can be by example and daily practice. Good nutrition begins exactly the same way. Making sure kids are healthy—and stay healthy throughout life—means building a simple, but steady, foundation for their nutrition habits. Like learning the alphabet, basic nutrition guidelines shape a child's outlook on good food choices.

One of the easiest ways to make sure kids are getting proper nutrition is by starting each morning with a healthy breakfast. As the first meal, a good breakfast helps set the tone for the rest of the day...as well as a lifetime. Plus, breakfast eaters tend to perform better at school and in sports, snack less throughout the day and get sick less often.

Finding time in the morning for breakfast can be a challenge, but the morning meal doesn't have to be complicated or time consuming to be healthy and delicious. A well-rounded breakfast should include whole grains, protein and fruit. That equation can be achieved with a variety of simple choices. Just a bowl of cereal



with a glass of 100 percent orange juice can supply the right combination of nutrients and energy to jumpstart the day. A glass of 100 percent orange juice fills kids (and parents) with important nutrients like vitamin C, potassium and folate, while also delivering at least one daily fruit serving.

Good nutrition is about the basics, and getting the best start with a healthy breakfast can be as easy as A, B, C.

A—AWAKE. Wake up your body with a healthy breakfast. After eight hours of sleep, the body's supply of energy (glucose) is very low. Eating shortly after you're awake gives your body a jumpstart with fresh energy and necessary nutrients to help you perform throughout the day.

B—BREAKFAST. Don't skip a healthy breakfast, even when you're busy. Experts often tout breakfast as the most important meal of the day. Besides refueling the body to get through the day, studies show eating breakfast has tremendous health benefits.

C—CHOOSE CAREFULLY. Find foods that pack a powerful punch of energy, vitamins and nutrients to make sure each meal counts. Especially when you're on the go, selecting convenient, yet healthy, options like 100 percent orange juice can help you quickly get the best start to the day with the nutrients you need.

Remember, the secret to good nutrition is getting an early start—early in the day and early in life. Like learning the ABCs, good nutrition lessons will give kids the basic blocks they need to make informed decisions about healthy eating for years to come.