

# Pointers For Parents

## Be Your Child's Nutrition Teacher

by Dr. William Sears

(NAPSA)—For more and more parents who are concerned about the quality of their children's nutrition, mealtime has become the central battlefield in a campaign to teach the lessons of good health. A good strategy is to extend nutrition education beyond the dinner table and make it part of your child's everyday experience.



Dr. Sears

It's never too early to teach kids how to make good food choices on their own. Follow these simple tips to transform family mealtime into a fun, educational and nutritious experience for all.

- **Colorful shopping.** Make your child's next trip to the supermarket a hands-on learning experience. Start in the produce section and send your child on a color-finding mission. Help choose items that are colorful, such as bright red peppers and orange carrots, as well as leafy green vegetables. Bright, naturally colored produce indicates high levels of nutrients and offers

eye appeal to your child.

- **Look at labels.** Help your child understand food labels. Many yogurt products, for instance, now carry a seal that indicates they have sufficient levels of live and active cultures. These cultures help contribute to yogurt's positive health properties. Researchers are studying the beneficial effects these cultures may have on the immune system and on combatting certain kinds of cancer, particularly in the digestive tract.

- **Eat well to feel well.** Help your children understand that eating nutritious foods provides energy, helps their bodies function properly and makes them feel good. Once your child understands how nutritious foods make their body feel better, he or she can begin making smart choices.

Remember, what you eat sets the best example for your children. If they see you eating a balanced diet of whole grains, fruits, vegetables and wholesome dairy foods—like live and active culture yogurt—they'll follow your lead.

For more information on healthy eating, visit the Web site at [www.aboutyogurt.com](http://www.aboutyogurt.com).