

A B C D E F G H Children's Health

Tips For Bringing Better Nutrition Back To School

(NAPSA)—Each school day should begin with a healthy meal, even though hectic morning schedules can make it difficult to prepare well-balanced breakfasts.

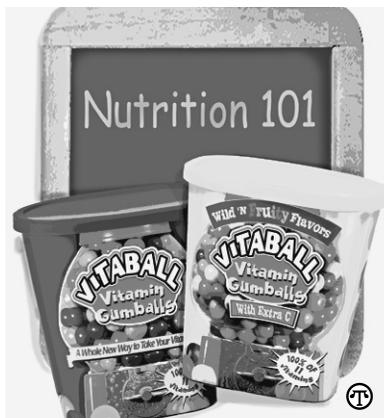
For many kids, this most important meal of the day may end up being a high-fat, high-sugar, high calorie pseudo-breakfast.

Just because you're short on time does not mean breakfast has to be short on nutrition.

There are a number of healthy food choices perfect for on-the-go munching including 100 percent juice boxes, fresh fruit slices, string cheese, yogurt and muffins.

Whoever said breakfast had to be bacon and eggs? A ham and cheese sandwich or a thermos of homemade soup can also be delicious and nutritious alternatives to conventional breakfast foods. What's important is that your child is getting all the nutrients she needs to meet the day's physical, mental and emotional challenges.

During the school year, lunch is the real parents have the least control over what their child eats. A boring lunch from home can easily be swapped or tossed in the garbage while many school cafete-



Vitamin-packed gumballs make back-to-school nutrition fun and easy for kids and parents.

rias tempt children with meals similar to those prepared at their favorite fast food restaurant chains.

Take time to teach your child about nutrition and making healthy food choices. If your child brings his lunch to school, involve him in the planning and preparation. Ask him what he'd like rather than making the decisions for him. Many school cafeterias that offer a variety of food choices post a weekly lunch menu. If your

child buys lunch at school, go over the menu with him to help him select the healthiest meals.

Many kids come home from a long hard day hungry for an after-school snack. Be sure to stock up on plenty of light, healthy snacks to tide them over until dinner. Popcorn or crackers with peanut butter or cheese instead of chips or cookies, yogurt fruit smoothies instead of ice cream and raisins, dried fruits and nuts instead of candy are some good alternatives.

If you feel your child still needs some added nutrition, consider giving her a multi-vitamin. One children's multi-vitamin to consider is Vitaball® Vitamin Gumballs. Packed with 100 percent of the RDA of 11 essential vitamins kids need for proper growth and development, Vitaball is a fun bubblegum gumball that comes in a variety of kids' favorite flavors.

New Vitaball Wild 'N Fruity features four new flavors plus extra vitamin C, which supports the immune system to keep kids healthy, especially during the cough and cold season.

You can learn more about Vitaball and request a free sample by visiting www.vitaball.com.