

Healthy Eating

Convenient And Delicious Ways To Serve Up Good Nutrition

(NAPSA)—Children who eat better do better in school, suggests a study published in the *Journal of School Health*.

According to registered dietitian Liz Weiss, co-author of “The Moms’ Guide to Meal Makeovers” and co-host of the family food blog Meal Makeover Moms’ Kitchen, eating nutritious foods including fruits and veggies and limiting fat at meals and snack times can be an attainable goal.

“With just a few mealtime modifications, healthier eating can be right around the corner,” says Weiss. Here are a few simple tips to help get nutritious foods on the table and in the lunch bag fast:

- **Plan Meals Ahead:** Crafting a weekly lunch and dinner menu and a focused shopping list to go with it can help shorten your time at the grocery store, keep your food budget in check (because you’ll be less tempted to buy unnecessary impulse items) and leave more time for food prep.

- **Give Family-Favorite Recipes a Veggie Makeover:** Incorporating vegetables into recipes adds texture and flavor and provides a nutritional boost. Top homemade pizza with your choice of sautéed vegetables—spinach, bell peppers, onions, mushrooms or zucchini—or stir them into pasta.

- **Add Variety to Kids’ Lunches:** There is an increasing assortment of convenient, great-tasting healthy food selections in the supermarket, like portable baby carrots or on-the-go yogurt. Also, Campbell Soup Company has 12 *Campbell’s Kids* soups—including favorites like *Chicken & Stars* and new *SpongeBob* varieties. Campbell has reduced the sodium in all Kids soups to meet government criteria for “healthy” foods. This means the soups are controlled for fat, saturated fat, cho-



Getting your kids to eat right during the school year may become as easy as ABC.

lesterol and sodium and contain a positive nutrient source such as a good source of vitamin A.

- **Stock up on Fruits and Vegetables:** All forms count, so be on the lookout for fresh, frozen and canned produce as well as juices such as V8 V-Fusion 100% juice. Each eight-ounce glass provides a full serving of fruit and a full serving of vegetables, and all kids taste is the fruit. Plus, it is available in flavors that kids love, like Strawberry Banana.

- **Cook Together as a Family:** Involving children in food preparation encourages them to try new foods...especially nutritious ones. Kids love to get messy, and there’s no better place than the kitchen. Whether they help with just one meal a week—perhaps on the weekend when life is less hectic—or every night, cooking together fosters a greater appreciation for the time and energy that go into preparing family meals.

For more information, visit www.CampbellSoup.com.