

Pointers For Parents

Fun Ways To Encourage Healthy Eating

(NAPSA)—Parents know that nutrients like fiber are great for their kids and are an important part of their kids' diets, but finding ways to increase their children's fiber intake can be challenging.

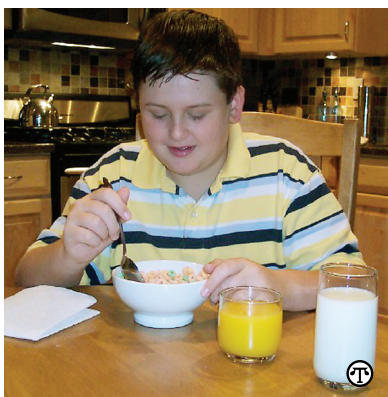
"To get our kids to enjoy eating healthful foods, we often have to be creative in how we present them," says Cricket Azima, children's cookbook author and founder of The Creative Kitchen. "An increase of fiber to the cereals our kids request every day makes breakfast an easy place to help them get the important nutrients they need without the battle."

To make breakfast a fun and easy place for kids to get the nutrition they need, Kellogg Company is adding a boost of fiber to some of its most popular kid cereals. With three grams of fiber per serving, Froot Loops and Apple Jacks cereals now have the same great taste kids have always loved and help make fiber fun.

Fiber provides children with a number of benefits, including helping to keep their digestive system healthy so it can absorb nutrients. However, like many adults, U.S. children consume less than half the recommended fiber each day.

Azima says a little creativity can go a long way toward getting kids to eat the nutrients they need:

- **Presentation Is Key:** Kids like foods that are fun! Entertain your kids with the presentation of the food and they will be more excited to eat it. Arrange bite-size food to look like a cute animal or a funny face. Shape sandwiches with a cookie cutter and use small or cut foods to make



Some favorite children's cereals now feature extra fiber.

the eyes, nose, mouth and ears. Arrange foods by color and make a rainbow on the plate. Have the kids help you in these efforts.

- **Engage the Mind and the Mouth:** Ask kids to count how many colors are in their bowl or on their plate. Challenge them to spell the names of foods. Think of creative ways to interest them in what they're eating. This engagement increases the likelihood of children eating well and ensures a healthy dialogue at the family table.

- **Don't Skip Dessert:** Fruit is naturally sweet and makes a wonderful dessert! Serve up a healthy fruit fondue by dipping skewered fruit into yogurt-based dipping sauce or make a fresh fruit salad exciting by adding a handful of Kellogg's Froot Loops cereal to each serving. Dessert has never been so nutrient rich.

For more information about Froot Loops and Apple Jacks cereals and Kellogg Company's commitment to fiber, visit www.Kellogg.com.