

Pointers For Parents

Help Kids Eat Healthy

(NAPSA)—Good news for parents concerned about getting their kids to enjoy a healthful diet: Here are three simple steps you can take:

1. Eat together. According to research published in *Pediatrics*, children who eat with their families have healthier diets and are less likely to be overweight. As a bonus, they also tend to perform better in school than their peers.

2. Involve children in making their own meals. When they've packed their lunch for school or helped prepare a healthful dinner, they're more likely to enjoy it.



You and your family may find eating right can be fun when you get creative with condiments.

3. Dress up the meal with dressings and sauces. Mayonnaise, salad dressings and condiments are delicious ways for your family to get creative at mealtime. Hot sauce, salsas, prepared horseradish and Dijon mustard can add just the little kick to food it needs. Try salad dressing as a dip or a marinade for meats and veggies, suggest the experts at the Association for Dressings and Sauces.

Learn More

For further tips, recipes and information about the healthfulness of condiments, visit www.dressings-sauces.org.

Note to Editors: Although to encourage families to eat nutritious meals together, October is National Eat Better; Eat Together Month, this article can be useful to your readers at any time.