

♥ HEART HEALTH

Investment In Your Child's Diet = HEARTY Yields

(NAPSA)—Making sure your children eat healthfully at a young age can result in positive rewards when it comes to their future heart health. In particular, serving children a heart-healthy diet starting at the age of two may be helpful when they become adults.

Why is this dietary investment so early in life important? According to the government's National Institutes of Health, high cholesterol levels are a risk factor for heart disease. And since millions of children already have cholesterol levels that are too high, the time is now to initiate more healthful eating patterns.

Changes in diet do not have to be complex to make the entire family's diet more heart-healthy. Using skim milk or low fat milk in place of whole or 2% milk is a good start. So is following heart-health experts' recommendations to use soft margarine spreads with no cholesterol and no trans fats in place of butter.

When shopping for the family, look at the Nutrition Facts panel to make sure the margarine spread you choose has two or less grams saturated fat, no trans fat, and no cholesterol. Check out some of the most popular choices such as soft, spray or squeeze I Can't Believe It's Not Butter® spreads or soft and squeeze vari-



Here's a great snack idea without too much sweetness. Spritz popcorn with I Can't Believe It's Not Butter® Spray; sprinkle lightly with sugar.

eties of Shedd's Spread Country Crock® that have no trans fats. In addition to reading the Nutrition Facts panel, these products also will have "no cholesterol" and "no trans fat" information highlighted on the front of the package. All of these spreads also have less fat and calories than butter or regular margarine.

Information on the importance of establishing heart-healthy eating patterns early in life can be found at www.never2early.org. The Never2Early Campaign was initiated to help families understand that risk factors for heart disease can start developing early in life.



Editor's Note: Although this release is appropriate for use anytime, you may want to note that February is "American Heart Month." In recognition of the important ongoing fight against heart disease, the Congress (on December 30, 1963), by Joint Resolution, approved that the President issue an annual proclamation for this special month.