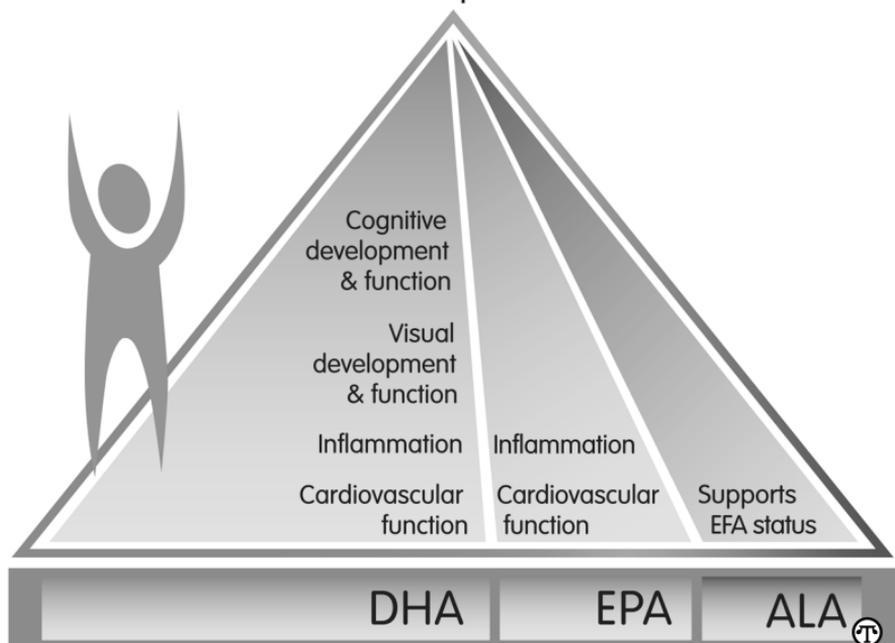


Learn To Eat, Eat To Learn: Brain Food For Kids

OMEGA-3s

Studied for their potential roles in ...



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(NAPSA)—Children need to eat smart for their brains as well as the rest of their body. Parents can help them make the right choices by taking simple steps to incorporate more foods that help support brain health and cognitive development.

Dr. Alan Greene, author of “From First Kicks to First Steps” and “Raising Baby Green,” recommends the following nutrients with solutions to help parents incorporate brain-building nutrients into their children’s diets without sacrificing great taste:

- **Omega-3 fatty acid: DHA.**

An important player in supporting cognitive function and an important building block for the brain, DHA is easily incorporated into your child’s diet with Horizon Organic Milk Plus DHA Omega-3. Kids can enjoy milk fortified with DHA at every meal, and it doesn’t taste any different than regular milk.

- **Choline.** Found in eggs and nuts, this nutrient is important

for the creation of neurotransmitters within the brain and nervous system. Start the day with some scrambled eggs with veggies. Kids won’t eat eggs? Try French toast sprinkled lightly with powdered sugar.

- **Antioxidants.** Strawberries and blueberries are packed with antioxidant vitamins such as A and C. Work in fruit at mealtimes and snacks. Get frozen berries and help kids make their own smoothies using organic milk or yogurt.

- **Whole Grains.** Whole grains are rich in folate and other B vitamins that help support a healthy nervous system. Whip up a batch of kid-friendly whole wheat pancakes and make sandwiches using 100 percent whole grain bread or tortillas for lunch. Use brown rice instead of white rice.

For more ways to incorporate healthy eating into your family’s diet, visit www.HorizonOrganic.com.