

Healthful Eating



Making The Grade With Nutrition Basics

(NAPSA)—Any time of year can be the right time to get your children back on a basic nutrition plan. Many find the start of the school year works best and that a diet comprised of whole foods provides the best foundation for learning and education.

Building a meal and snack plan for your family may be easier than you think. These quick tips and simple substitutions can help to ensure your family gets the wholesome, well-balanced meals it needs.



A refreshing Blueberry-Mango Delight Smoothie using Greek yogurt, nonfat milk and stevia.

- Create a weekly menu. It can make it easier to eat nutritious foods on a regular basis.

- Enjoy a variety of foods from each of the key food groups—grains, vegetables, fruits, milk, meat, beans and healthy oils.

- Limit your intake of processed or packaged foods, and check labels for artificial ingredients.

- Replace sugar in your favorite foods and beverages with zero-calorie Pure Via[®], a sweetener made with all-natural, non-GMO stevia.

To learn more or for tasty recipes, visit www.purevia.com.