

Pointers For Parents

Mom-RD Helps Parents Make Smarter Family Food Choices

(NAPSA)—While parents want to feed their families well, many feel overwhelmed when it comes to deciding what to put on the table. According to a new survey commissioned by Wendy's, 80 percent of moms would like their kids to eat healthier. But between picky eaters, busy schedules and conflicting or changing nutritional advice, a lot can get in the way. Moms often don't know who to trust or what to believe, and they want a reliable source to guide them.

Wendy's has teamed up with the American Dietetic Association to create a program to give parents the nutritional information they need to make smart family nutrition choices. The Mom-RD program connects parents with registered dietitians—certified experts in nutrition—to offer tips, ideas and easy-to-understand factual information on food and family nutrition. The program's first step is an interactive Web site, www.Mom-RD.com.

"The Mom-RD Web site is an easy-to-use, reliable resource for the most important nutrition basics," says Rachel Brandeis MS, RD. "The information available on the site will empower moms to choose fresh, quality food with confidence whether they're at home or dining out."

The Web site features articles written by RDs on subjects parents care about, such as eating well during the holiday season and satisfying picky eaters. The site also features interactive polls, an "Ask Mom-RD" section and practical tips for eating on the go, cutting calories and fat and being a good



Photo Courtesy of Wendy's International

It can be a challenge to make sure picky eaters get all the nutrients they need.

role model. Examples include:

- **Plan Ahead:** If you know you're going to be gone all day, think about what quick-service restaurants are nearby that allow you to choose fruit, salad or yogurt instead of fries, or milk instead of a soft drink.

- **Start With Veggies:** In a restaurant, start meals with a salad packed with vegetables to help control hunger and feel satisfied sooner.

- **Play With Your Food:** Decorate children's plates with fruit slices to entice them to eat a rainbow of colors. Make a smiley face with sliced bananas for eyes, raisins for a nose and an orange slice for a mouth.

- **Be a Good Role Model:** Parents often tell their kids to eat nutritiously but don't follow this advice themselves. Make sure you set a good example for your family.

For more tips and to explore Mom-RD, visit www.Mom-RD.com.