

Nutrition for Active Families

Homework For Parents Begins In The Kitchen

(NAPSA)—During the hustle and bustle of each week, it's easy to overlook good nutrition. Between after-school activities and overtime at the office, it can be a challenge for parents to keep proper tabs on what their kids are eating—at both meal and snack times.

Because kids are constantly on the go, it may seem like an unimportant task, but what they munch on between meals is a key component of keeping them upbeat, focused and energized. Fortunately for parents, preparing healthy snacks doesn't have to be difficult or time-consuming. When kids are filling their backpacks, it's your cue to make sure the pantry is stocked with convenience foods that can easily be integrated into a hectic schedule.

Leave the chips, sodas and candy out of the shopping cart. Instead, try healthy alternatives such as canned fruits, peanut butter, cheese, yogurt or smoothies. Different foods have different effects on the body. For example, canned Bartlett pears are always ripe and ready to eat, plus they can help sluggish minds and bodies regain energy with their abundance of natural carbohydrates. And peanut butter is a good source of protein, which helps to build and maintain healthy muscles and bones.

For an easy "A" in Snack Time 101, try this simple recipe next time your kids need a pick-me-up:



For kids (and adults), canned Bartlett pears can be a convenient, healthy snack.

English Muffins with Pears and Peanut Butter

Makes 2 servings

- 1 English muffin (plain or cinnamon raisin)**
- 2 tablespoons peanut butter**
- 2 teaspoons honey**
- 2 canned Bartlett pear halves**

Split muffin and toast. Spread each half with 1 tablespoon peanut butter. Drizzle each with 1 teaspoon honey. Slice pear halves and arrange slices on top.

Nutritional Information (per serving): Calories 215; Protein 6g; Carbohydrate 31g; Fiber 3g; Fat 9g; Sodium 181mg; Cholesterol 0mg.