

POINTERS FOR PARENTS

Picky Eaters? Not A Problem For Creative Moms

(NAPSA)—Getting children to eat nutritious meals is often a challenge. But some children are just naturally more picky about what they eat. If your child is a picky eater, you may be surprised to learn this is a common problem.

According to a recent survey from Impulse Research, the majority of moms say their children are picky eaters (80 percent are picky or sometimes picky eaters). In addition, most moms consider it a challenge to get their child to eat a balanced diet, and less than half of moms think their child gets enough nutrients in their diet.

“Milk” Nutrition For All It’s Worth

Jorj Morgan, author, food expert and lifestyle director of BlueSuit Mom.com, says introducing nutritious foods as early as possible can minimize picky-eating habits.

“Moms go to great lengths to get their kids to ‘eat their veggies’ and ‘drink their milk,’” Morgan says. “But sneaking in added nutrients can be as simple as providing foods that offer kids a nutritional boost and great taste.”

Data from Impulse Research suggests that less than half of children like drinking plain milk. Many moms agreed, with over half saying their children would drink more milk if it were flavored.

Yet flavoring milk is just one way to ensure kids are getting the nutrients they need for their growing bodies. Morgan offers moms these tips on sneaking



One smart way to feed a picky eater is to offer nutritious foods that are tasty too, such as veggie pizza and flavored milk.

nutrients into children’s diets:

- **Start with Foods They Love**—Such as pasta, pizza or macaroni and cheese, and add minced veggies or meat.

- **Get Creative in the Kitchen**—Allow children to help with shopping lists and menu planning. If they tell you what they want to eat, they may be more likely to actually eat it!

- **Boost Nutrients with Fortified Foods**—Look for foods fortified with essential vitamins and nutrients.

Hershey’s Fortified Syrup is the first chocolate syrup with vitamins and nutrients that can help moms increase their child’s daily nutrient intake. It provides a good source of calcium (10 percent of the Recommended Daily Intake), vitamin E, biotin, vitamin B5 and zinc.

- **Be a Role Model Mom**—Remember children watch par-

ents’ every move. If you want your child to eat healthfully, then it’s important for parents to set a good example by eating well, too.

- **Don’t Give Up**—Just because your child does not like a food at first, doesn’t mean he or she won’t acquire a taste for it later. Reintroduce foods into your child’s diet often and in different ways. For example, if they don’t like raw carrots, try cooked carrots sprinkled with a little brown sugar and cinnamon, or carrot cupcakes!

“Make It Fun” Kids Recipe Contest

Wouldn’t it be cool to be rewarded for doing stuff you already do? Now, you can send in your favorite recipe using Hershey’s Syrup and for a chance to win cool prizes. Whether it’s over ice cream, in a sandwich or on top of your breakfast, your creation could win you an awesome prize, such as a savings bond, a video game system or other fun prizes.

There are six categories in which you can enter: breakfast, lunch, dinner, snack, dessert and out-of-home (something you can take with you). For each category, there will be one grand prize winner and five first prize winners. Recipes will be judged on originality, appearance, ease of preparation, taste and creativity. The contest runs through Dec. 31, 2004. For more information on the contest and prizes or for an entry form, visit www.hersheysyrup.com.