

# Parent Topics

## Pleasing Picky Eaters Has Never Been Easier

(NAPSA)—Parents can now please the picky eaters in their family—one meal at a time. Food Network host Robin Miller has partnered with Tyson Foods to help parents find peace at mealtime.

“As a mother of two young boys, I know the challenges of getting kids to eat—and to eat right,” said Robin Miller, chef and host of Food Network’s “Quick Fix Meals with Robin Miller.” “With the help of kid-friendly foods like Tyson® 100% All Natural™ Chicken Nuggets, I can serve them something they love that provides the essential protein their growing bodies need.”

### Tips To Help You

In addition to finding fun finger foods she feels good about serving, Miller has an arsenal of tips to ensure her children are eating a balanced diet, rich in protein, whole grains, fruits and vegetables, including:

#### Create A “Peaceful Plate”

Imagine your child’s dinner plate has a peace sign drawn on it. Fill the larger areas with whole grains and fresh vegetables and the base of the peace sign with protein. This balanced, “peaceful plate” allows you to serve a variety of bright colors and flavors and ensures your child is getting the right balance of essential nutrients and foods.

**Something Familiar and Something New**—For most kids, trying something new isn’t quite as scary if it is paired with something familiar. The same goes with food. Pair one of your child’s favorite foods with a new food or flavor. For example, if you usually serve chicken nuggets with ketchup, try a variation—mustard and honey mixed with fresh



**A “peaceful plate” of chicken nuggets, fruit and a delicious dipping sauce is a kid pleaser that parents can feel good about serving.**

chopped peaches. The sauce is sweet and delicious, and your child will add peaches to his repertoire of new favorites.

**Planning Makes Tackling Dinnertime Practical**—Eating dinner as a family doesn’t mean it has to be a three-ring circus. During the weekend, take a little extra time to chop vegetables for soups or sauces and plan out your weeknight meals. Stock up on frozen items that can be easily paired with fresh veggies or fruit, such as Tyson® 100% All Natural™ Chicken Nuggets, which are minimally processed and contain no artificial ingredients, preservatives or fillers. By doing the work ahead of time, you’ll be able to spend less time in the kitchen and more time around the table during the week.

### Learn More

For more information about Tyson® 100% All Natural™ products, or for more of Robin Miller’s tips for peace at mealtime, visit [www.tyson.com](http://www.tyson.com).