

NUTRITION NEWS & NOTES

Pointers For Picky Palates

(NAPSA)—If your family refuses to try healthy foods, read on. A few stealth-health tips can help you sneak some better foods into your family's diet.

Go With the Grain

Any mom knows whole wheat bread doesn't usually go over well with picky eaters. Many spouses and children are turned off by the sight of brown breads, and snub anything that may be good for them. The Dietary Guidelines recommend Americans consume at least three one-ounce equivalents of whole grains per day, but studies have shown that many people, especially children, are not meeting whole grain needs.

Picky eaters can now get the whole grains they need without sacrificing the color, taste and texture of traditional bakery products. New white bakery products, such as Stroehmann® Soft & Tasty™ made with Whole Grain White and Thomas'® Original made with Whole Grain English Muffins, contain whole grains to help picky eaters get hidden nutrition. These foods maintain the classic look, taste and texture of their traditional counterparts, but actually help increase whole grain consumption.

A Fizzy Fix

If your family is addicted to sodas, sneak a healthier option into their diets by having some fun in the kitchen together. Buy seltzer water and a variety of 100% fruit juices, then let them combine these ingredients to make fun drinks. Fruit smoothies are another option. In a blender, mix together an assortment of different fruits, and experiment with adding milk or yogurt to increase calcium intake.



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Veiled Vegetables

Why not try hiding vegetables in familiar foods? Get creative with mushrooms, onions, broccoli, peppers or any other vegetable by pureeing them and adding the mixture to your family's favorite sauce. Even meat-based meals, such as hamburgers, chili or meatloaf, can receive a nutritional boost by adding in extra vegetables. Put shredded vegetables into these meats before cooking them to make these options healthier without significantly changing the flavor. Try including lettuce, tomatoes, cucumbers or carrots with your child's or spouse's favorite sandwich. They may even like the extra crunch and flavor these vegetables provide.

Once your family begins enjoying the healthier options you've hidden in their diets, try getting bold with some obvious nutritious foods. Make sandwiches with 100% whole wheat bread (try Arnold® Whole Grain Classics™ 100% Whole Wheat) or serve a side salad at your next meal.