

Pointers For Parents

Raising Healthy, Active Kids: Tips From An Expert

(NAPSA)—Today it's common to hear experts discussing the importance of ensuring kids have a well-balanced diet and get plenty of exercise. But how can you help your child eat right and get fit? Kathleen Zelman, MPH, RD/LD, a prominent nutritionist, author and educator, offers some helpful tips:

- Kick them off the couch. Limit TV viewing time and encourage activity.

- Make it fun. Kids won't even think of it as exercising if they're tossing around a ball, bicycling, jumping rope or swimming in the pool.

- Increase the amount of fruits, vegetables and whole grains at meals—you can make simple additions by shredding carrots on salads, freezing grapes for a healthy dessert and serving brown rice instead of white.

- Start the day with a beneficial breakfast such as cereal, low fat or skim milk, and a banana or an orange. New choices in the cereal aisle include reduced-sugar versions of three of General Mills' most popular kids' cereals. New Reduced Sugar Trix, Cinnamon Toast Crunch and Cocoa Puffs provide the sweet taste and fun flavors kids love, with 75 percent less sugar than the original cereals. The reduced-sugar cereals provide the same nutrition as the regular cereals, with at least ten



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essential vitamins and minerals, including calcium.

- Serve your children nourishing, nutrient-rich snacks between meals.

- It's a family affair—get the whole family involved in grocery shopping, reading labels and meal preparation. Then sit down together to enjoy a family dinner.

- Introduce wholesome new foods to expand your child's palate. Be patient—it may take a few attempts before the food becomes familiar and is enjoyed.

- Reward success—if you are trying to replace unhealthy behaviors with healthier ones, reward your child with an outing that is fun and active. Go bowling or take a family hike.