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## Sneaking healthy foods into your kids' diets

Wednesday, November 25, 2009

BY TERI ROCCO  
SUBURBAN TRENDS

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WANAQUE — Everyone knows that whole grains are healthy for children to eat. According to schoolnutrition.org, children who eat whole grains have a lower risk of obesity, high cholesterol, diabetes, and asthma. They also feel fuller and more satisfied, resulting in less of a need to overeat.

Children should eat at least two to three servings of whole grains every day, according to healthcastle.com. But this can be a challenge if you don't know how to get whole grains into your children's diet without them knowing about it.

One way is to choose cereals that have at least 3 to 5 grams of fiber per serving. When choosing what bread to buy, make sure to read the package. Wheat bread is not the same as whole wheat bread and does not contain whole grains. You can also choose whole grain tortillas for wraps or whole grain pitas to give your children a change from bread.

A whole wheat variety of your children's favorite pasta is most likely available in the grocery store and is another way to get more whole grains into the diet. If you mix whole wheat pasta and white pasta together, your children can develop a taste for it. Later on, you can cut out the white pasta all together.

Making food fun to eat can help. According to wheatfoods.org, use whole wheat bread for your children's favorite sandwiches, then use a cookie cutter to make them into a fun shape. Or combine their favorites, such as peanut butter and bananas and put them on whole grain bread.

Having your children help prepare the meal will make them feel grown up and encourage them to eat what you've prepared. Mini pizzas on whole wheat English muffins are good for kids, and you can make them fun by adding a face or design with the toppings. Mixing whole wheat flour with white flour is another way to add whole grains to your child's diet, according to Cindy Lightbody, the nurse at Haskell Elementary School.

Using this in muffins, cakes, and anything you use flour in will be healthier for the family. She also recommends adding fruit to whole grain muffins to keep them lighter and moister.

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