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PREMIER ISSUE

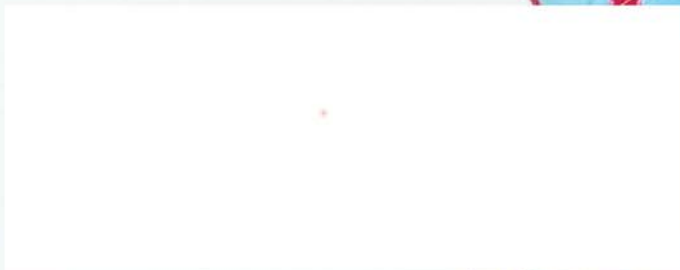
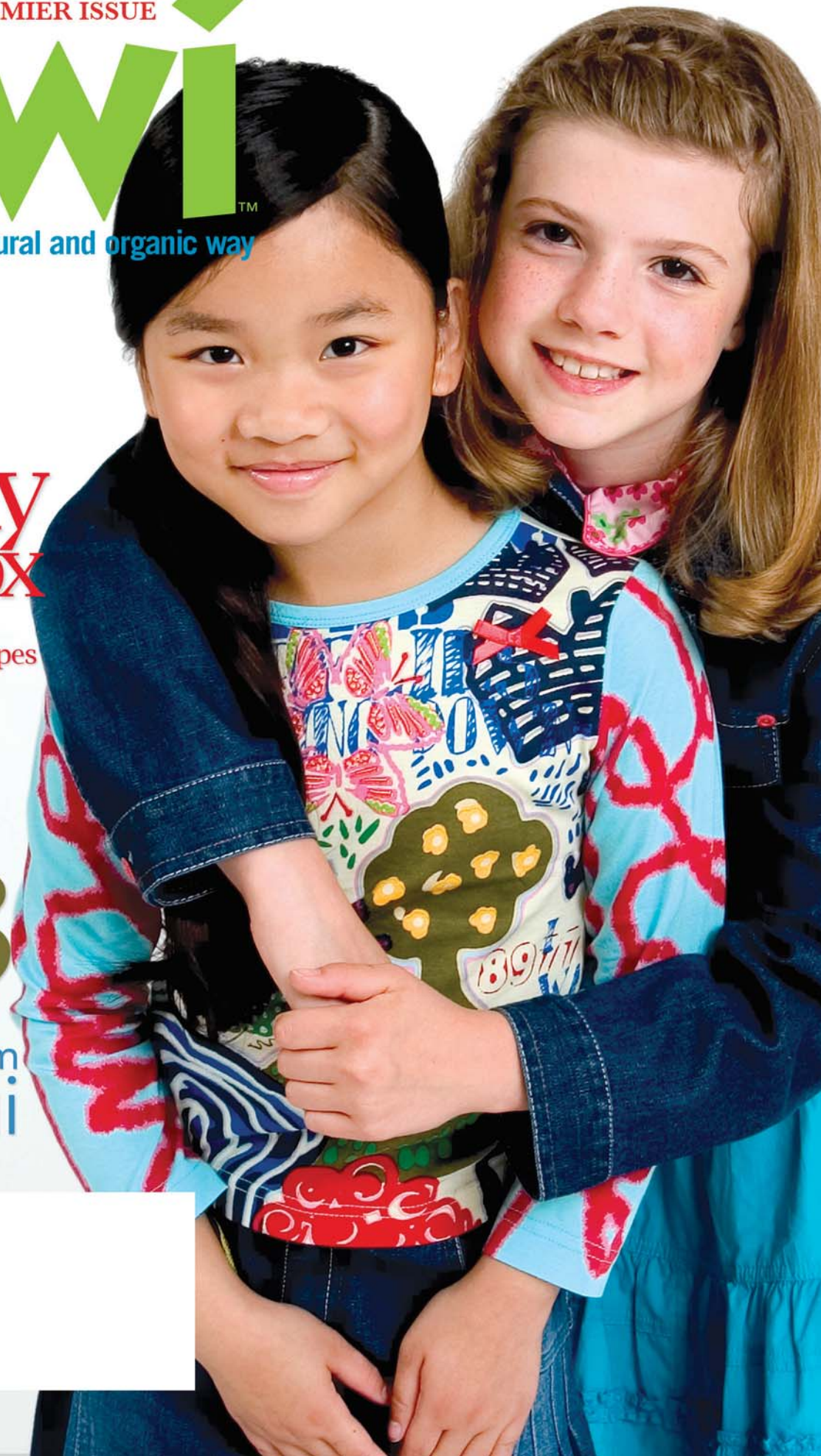
Growing families the natural and organic way

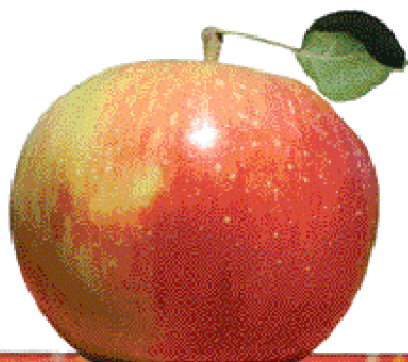
50 Healthy Lunchbox Ideas! quick & easy recipes

YOGA
fun for kids

OMEGA-3
What You Need Know

Healthy bedroom
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The Healthy Lunchbox

by Diane M. Henderiks, R.D. with Sara Gragnolati

*Not enough time?
Uninspired? Got picky
eaters in the house? Use
our sensible strategies and
recommendations to pack
successful midday meals
for your kids.*

It's 6 in the morning and your eyes are barely open. In only an hour, the school bus will be pulling in front of your house to pick up your kids. Once again you face the challenges of waking them up, getting them dressed, serving breakfast and—just when you're running out of steam—figuring out what to pack for their lunches.

You manage to overcome the dreaded lunchbox dilemma day after day, but that doesn't mean you're confident about it. If you are actually able to find time to plan meals for the week (or even just the next day), other challenges abound: pleasing kids' taste buds, picking the right products, knowing what's healthy and finding the time to put the meal together.

If you feel this way often, you're not the only one. Lisa Cohen of Marlton, NJ, says, "Making my daughter Alia's lunch is often stressful. I want her to eat a healthy meal, but I'm usually running out to work and throwing anything I have from my cupboard into her lunch bag. Sometimes it's just easier to stick with the few items I know she already likes—regardless of their health value."

The eating habits children develop in their younger years will play a part in establishing their eating habits as adults. Fortunately for Lisa and other parents there are a wide variety of wholesome lunch items that are easy and convenient to pack for school lunches. Even if you think your children are set in their taste-bud ways or resistant to change, you have a lot more control over their food preferences than you may think!

Serving a variety of foods supplies children with the nutrients they need for growth and development and also introduces them to the many different colors, textures and flavors of foods. Refer to the USDA's MyPyramid for Kids, which recommends that children consume grains, fruits, vegetables, milk (dairy), meat and beans and a little oil (healthy fats) every day. The USDA has even dedicated a special section of their website to nutrition for kids ages six through eleven. Visit www.mypyramid.gov/kids.



Healthy Lunch Prep 101

As parents, we know that good nutrition will help our children grow-up healthy. But what foods comprise a healthy meal and are there ingredients or items to avoid? Here's some "good nutrition" guidelines for you to follow:

Create a balanced meal. In order to meet daily requirements, make each meal balanced. A wholesome lunch consists of the following components.

- **grains**—the majority should be whole grain
- **vegetables and fruit**—organic if possible
- **some good quality protein**—lean meats, eggs, soy, natural nut butters, beans
- **a little fat**—such as lowfat mayo, olive or canola oil and light cream cheese
- **a beverage**—low in sugar and without artificial ingredients

Read labels. Avoid foods with unhealthy food additives and other ingredients such as:

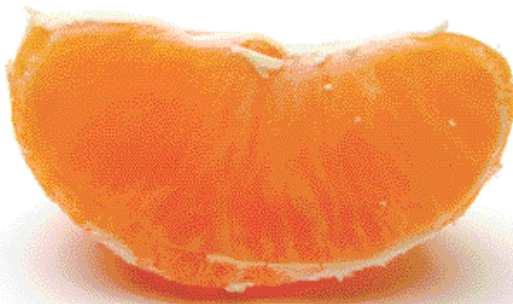
- partially hydrogenated oils
- trans and saturated fats
- nitrates
- artificial colors and flavorings
- high sodium
- caffeine
- excess sugar
- high fructose corn syrup
- high calories
- No added MSG look for glutamic acid or glutamate on the ingredients list
- artificial sweeteners

Choose natural and organic foods as much as possible.

Portion appropriately. Offer more foods in smaller serving sizes versus large quantities of fewer foods so that larger portions do not overwhelm your child.

Talk about nutrition. Explain to your child why foods are healthy or not-so-healthy.

Set an example. Children mimic their parents' habits. Show your children that you enjoy eating healthy foods.



With a clear sense of what to avoid and what to include, it should be easier to prepare healthy lunches. But what about getting your kids to eat the lunches you prepare? These KIWI tips can help you pack wholesome meals that your kids are likely to eat and enjoy.

Involve your child. Children often like to help their parents and are more likely to eat foods that they choose and make. So let them help you make the shopping list, look through recipes and help prepare their lunches (to whatever extent their skills allow). The kitchen can become a place where you can bond with your children over food and educate them in a fun atmosphere.

Be persistent but not insistent. Keep trying different ideas! If something doesn't work, move on to something else and try again later.

Create variety. Don't get into the rut of serving only the foods your child says he will eat. The wider the range of colors a meal offers, the more varied nutrients it contains. If your children are interested in trying new foods, suggest that they keep a log of new foods and what they think about them. Don't deprive. There are many healthy snack foods and sweets. See the shopping list on page 18 for some examples of these types of treats.

Don't make dramatic changes. Instead, make small, less noticeable adjustments, such as mixing unsweetened and sweetened peanut butter together until you can change to all unsweetened (with bananas, raisins or fruit spread filling in the sweetness), mixing whole wheat and white pasta together until it's all whole wheat, diluting juice with water.

Add visual appeal. Presentation can make lunch fun and interesting for kids. Use cookie cutters to cut fruits, veggies and sandwiches in fun shapes. Choose lunch containers in their favorite colors and let them decorate the outside. Add the fun factor. Kids like foods they can dip, eat with their fingers and add things to. Dipping their veggies in a dressing or getting to add the crunchy cereal to their yogurt might just get them to eat it all.

Transform old favorites. For example, take the usual ham and cheese sandwich and use whole wheat bread instead of white, and substitute organic ham. For variety, try soy cheese instead of dairy or Swiss cheese instead of American.



Preserve food quality. Don't forget cold packs to protect against spoilage. Use an insulated container to keep items warm.

Plan ahead. Keep a steady stock of healthy foods in your pantry and refrigerator. Our shopping list can give you a head start (see page 18). This will give you great options to choose from when you are packing lunch in a rush.

KIWI to the Rescue

Creating a week's worth of lunches that are diverse and delicious is a challenge. Marie Schwartz of Weston, FL faces the meal-planning predicament daily. When preparing homemade lunches for her son and daughter, she struggles against making the same few meals over and over and works at finding foods that her kids won't trade away. When KIWI asked Marie what would help her to create healthy lunches that her kids would love, she said with a smile, "A butler would be ideal! But since I don't have one, a weekly menu with a shopping list would make preparation easier and faster." So naturally we've devised those very things!

To help you break a monotonous routine, direct you to healthy foods and provide you with creative ideas, we have created the KIWI Healthy Lunch Planning Grid. The plan is easy to use. Just pick one item from each column to create each day's lunch meal (or to plan a week long menu). By using our planning grid and shopping list, you'll save yourself time and guesswork. Plus, your children's lunches will be a healthy hit!

Better Bunny Salad Sandwich

Trying to add more fruits and vegetables to your favorite bunny's diet?

Here's a fun, tasty make-ahead recipe that combines a colorful, crunchy, organic filling with yummy cinnamon raisin bread.

- 1 10-ounce bag organic shredded carrots
- ½ cup organic raisins
- ½ cup well-drained, crushed, canned organic pineapple
- 2 Tbsp. organic mayonnaise
- 2 Tbsp. organic plain yogurt
- 6 lettuce leaves
- 12 slices Rudi's Organic Cinnamon Raisin Bread

Mix all ingredients and chill.

Spoon ½ cup onto organic bread slice. Top with lettuce leaf and another slice of bread to make sandwich.

(For zestier salad, add 2 Tbsp. minced green onion.)

Yield: About 2 cups, or enough organic sandwich filling for 4 big bunnies

Recipe courtesy of Rudi's Organic Bakery








The Youth Vote Is In

Just Kid Inc., a Connecticut-based market research company, went straight to the source to find out what makes foods fun for kids. According to the responses of 750 kids ages six through eight, these are the top ten characteristics that kids consider most fun about their foods.

- It comes with a prize or toy in the package.
- It has a surprise in the food or package.
- It's something I can eat with my fingers.
- It has games, puzzles or riddles on the package.
- It comes with things I can add to it myself (like sprinkles, a sauce or toppings).
- It's something I can dip or scoop.
- It has frosting on it.
- It comes in a fun shape.
- It has a taste I love.
- It's something I choose to eat or drink myself.

Source: Just Kids Inc. FUNdamentals Study, 2006

KIWI Healthy Lunch Planning Grid

Main Dish	Fruit/Vegetable Side	Additional Side	Beverage	Snack
organic turkey on multigrain bread	apple slices with strawberry dip	organic string cheese stick	sparkling water or sparkling juice	snack bar
grilled chicken fajita (in a whole wheat tortilla/chapati)	dried fruit and nut mix (or just fruit if nut allergies are an issue)	brown rice pudding	single-serve lowfat milk or soymilk	graham crackers
	2 Tbsp. hummus and slices of favorite fresh veggies	drinkable yogurt or kefir	no-sugar flavored water	organic or natural cookies
peanut butter and banana sandwich	cherry tomatoes with 2 Tbsp. light honey mustard or ranch dressing	soy or lowfat regular pudding	4 oz. fruit juice mixed with 4 oz. water or a single-serve carton of organic fruit juice	whole-grain cheese crackers
Better Bunny Salad Sandwich Recipe on page 16		yogurt with whole grains or squeezable tube yogurt	bottled water	
tuna and veggies with whole wheat crackers	organic seasonal fruit like whole apple or orange, kiwi or grapes	whole wheat pasta salad	flavored seltzer	whole grain or fruit and nut bar
vegetarian or turkey chili	side salad with lettuce, avocado and mozzarella	hard-boiled egg	bottled water with lemon or lime	soy crisps, veggie chips or natural potato chips
macaroni and cheese	fresh berries with yogurt and crunchy cereal	honey wheat pretzels with honey mustard dip	single-serve chocolate lowfat milk or soymilk	whole-wheat fig cookies
garden vegetable and tortellini soup	celery rib with natural peanut butter or lowfat cream cheese	baked pita or tortilla chips with salsa	fruit smoothie	organic fruit leather or fruit bars (no sugar added)
black beans and rice	cucumber and carrot coins with lowfat dressing	applesauce		1 cup dry cereal or granola (low sugar)
pasta with chick peas and grated parmesan	diced peaches or strawberries mixed with lowfat cottage cheese		veggie drink or tomato juice	whole grain waffle with nut butter or all-fruit preserves

Diane M. Henderiks, RD, "Dietitian in the Kitchen™" is a leading U.S. nutritionist, cookbook author, food product manufacturer, chef, Fortune 500 nutritional consultant and TV personality. She regularly educates and entertains live audiences of all ages with her healthy, innovative, fun and original culinary cuisine. Visit www.ditkonline.com. In KIWI's recipe section page 57.



Healthy Lunch Box Shopping List

Cut and save this helpful list!

Fruits and Veggies

- Tomatoes
- Lettuce
- Kiwifruit, look for Gold Kiwi this month
- Bell peppers
- Avocado
- Grapes
- Carrots
- Celery
- Sprouts—try Broccosprouts broccoli sprouts
- Bananas
- Apples
- Raisins, look for Pavich Organic
- Packaged salads—Olivia's

Meat/Meat Alternatives

- Soy deli slices, such as Lightlife or organic deli meat like Applegate Farms
- Free range chicken breasts
- Vegetarian Chili, Yves Veggie



Canned

- Fresh or canned Wild Alaskan Salmon
- Canned white tuna from Wild Planet, minimal mercury
- Beans, go for Eden's Organic Rice and Caribbean Black Beans

Beverages

- Bottled water
- Flavored water, try Hint water
- 100% juice, boxed, Apple & Eve Organic Juices
- Izze sparkling juice 8.4 oz cans
- Shelf-stable single serve milk boxes from Horizon Organic
- Non-dairy single serve soy milk or rice milk
- Bolthouse Farms Fruit Smoothie
- Welch's Organic Grape Juice
- Vegetable juice, look for Kagome's fruit & vegetable blends

Frozen

- Frozen berries, check out Wyman's or Cascadian Farms
- Plum Organics Banana Peach Rice Pudding
- Chicken or soy nuggets, like Dr. Praeger's or Boca

Dairy/Dairy Alternative

- Cheese sticks—Organic Valley Stringles
- Mozzarella
- Soy Cheese from Soya Kaas
- Yogurt, try Brown Cow Fruit & Whole Grains
- Drinkable yogurt
- Pudding, lowfat or soy pudding from ZenSoy
- Kefir—Lifeway Probugs
- Firm Mori-Nu Japanese Silken Tofu

Snacks

- Graham crackers—Back to Nature Honey Graham Sticks
- Granola or granola bars
- Organic or natural cookies, such as Immaculate Baking Co.
- Snack bars like Clif ZBaR
- Madhouse Munchies Natural Potato Chips
- Cheese crackers, try Healthy Handfuls
- Nuts, such as almonds or cashews
- Fruit strips—Tropicana FruitWise
- Yummy Earth Organic Lollipops

Grains

- Whole grain bread, like Rudi's Organic Whole Wheat or 7 Grain with Flax
- Wraps, try Food for Life or Tumaros
- Whole wheat pasta
- Whole grain crackers
- Baked tortilla chips—Guiltless Gourmet
- Natural granola
- Macaroni and cheese mix, try Back to Nature's Organic Shells & Cheese

Spreads/dips

- Nut butters—MaraNatha
- Peanut butter, almond or soy nut butter, organic or natural
- Hummus
- Salsa, try Amy's or Seeds of Change
- Salad Dressing



To illustrate this plan in action, here's a sample five-day menu using *KIWI's* system.

Monday

- chicken or meat alternative nuggets with honey BBQ sauce
- 2 Tbsp. hummus and slices of veggies
- ZenSoy Chocolate Vanilla Swirl Soymilk Pudding
- Horizon Single Serve Lowfat Milk
- Odwalla Carrot Nourishing Food Bar

Tuesday

- tuna and veggies with whole wheat crackers
- apple slices with strawberry dip
- Organic Valley Stringles Organic Colby Jack Cheese
- bottled water
- Kashi TLC Chewy Granola Bar Cherry Dark Chocolate

Wednesday

- garden vegetable and tortellini soup
- fresh berries with yogurt and crunchy cereal
- Lifeway ProBugs Organic Kefir
- Welch's organic juice
- Back to Nature Honey Graham Sticks



Thursday

- vegetarian or turkey chili
- cucumber and carrot coins with lowfat dressing
- tortilla chips with salsa
- chocolate soymilk
- Clif Peanut Butter ZBaR

Friday

- organic turkey on multi grain bread
- side salad with lettuce, avocado and mozzarella
- Plum Organics Banana Peach Rice Pudding
- Kagome Purple Roots & Fruits drink
- Madhouse Munchies Potato Chips

Nutrition Nugget

From the Physicians Committee for Responsible Medicine, a nonprofit health organization that promotes preventive medicine.

Always include a main dish, a fruit/vegetable side and another low-calorie side (such as fresh fruit, if your first side was a vegetable). Include an additional side or snack for older children.

