



## Smart Eating

Smart eating is not only about making the right food choices for overall good health but also means being selective about those foods that may help your kids think better.

I'm David Grotto, registered dietitian on behalf of Produce for Kids with some great tips on smart eating.

Did you know that just starting the day off with a good breakfast has been shown to improve both physical and mental performance? More than 47 research studies found that children and teens who eat breakfast achieve healthier diets and weight, better school attendance and punctuality and had better memory than those kids who didn't eat breakfast.

Eating balanced meals and snacks, like those featured in the *Produce for Kids Ideal Meals program*, provides the right balance of nutrition needed for growing bodies and minds. Brains, like muscles in the body, need a constant supply of energy. It's best to fuel young minds with three meals a day and snacks in between for optimal thinking.

When it comes to the benefit of specific foods, studies have found that blueberries, strawberries, grapes, apples and sweet potatoes are wise choices and may aid in brain health according to animal and human research.

Add berries to top kids favorite cereals, frozen grapes make a great treat and baked sweet potato chips are a tasty and healthy alternative to fried potato chips.

Produce for Kids' *Ideal Meals* provides quick and easy complete meals your whole family will enjoy making and eating. You can rest easy knowing that each meal has been developed by a nutritionist and fits guidelines for a healthy meal recommended by the USDA. Before you head to the grocery store, use PFK Ideal Meals to plan out your healthy meals for the week!