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**HEALTHY LIVING**

Kids will gobble it up

**Try a little creativity with your fruits and vegetables**

By IRENE GENTLE

The Champion

Living longer starts with eating well. And research has shown that downing fresh fruits and vegetables can significantly reduce the risk of cancer and cardiac disease.

That's why the Canadian Cancer Society, the Heart and Stroke Foundation of Canada and the Canadian Produce Marketing Association have teamed up to promote their new '5 to 10 A Day' campaign.

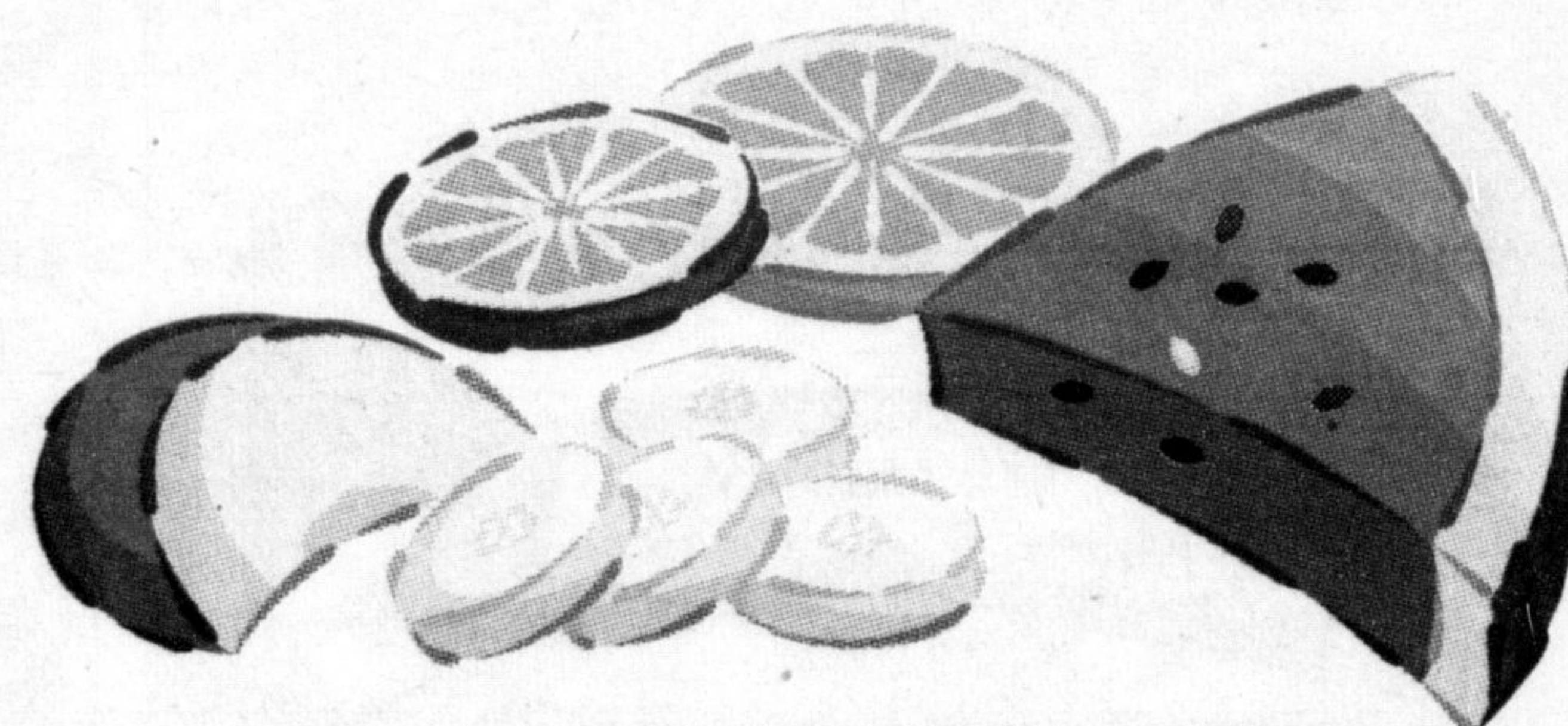
It encourages Canadians to save room for five to 10 servings of fruits and vegetables per day.

And though getting kids to scarf down the healthy stuff can be difficult, the habit of eating well is best instilled in the young.

So don't despair. There are ways to tempt young tummies with foods that aren't comprised of chocolate, sugar and oil.

The first step is to not be intimidated by the numbers — serving sizes are smaller than many people think.

A quarter to a half cup of juice qualifies, for example, as does a half to a full cup of salad. A half or so of a medium sized fruit or veg-



etable is also considered a serving for children.

Once the sizes are worked out, the trick is to hit 'em with the healthy stuff while they're hungry. A ravenous child is less likely to turn away any offering of food, even if it isn't on their top 10 list of tempting treats.

**Timing important**

When it comes to vegetables, timing is everything.

But many parents make the mistake of serving up vegetables primarily at dinner, when children are more apt to be tired than famished.

Instead, chop up carrots, celery, broccoli, cauliflower or other vegetables as a pre-dinner snack. Serve it up with a delicious dip to make it go down even easier.

And don't be afraid to be creative with sauces and dips.

Kids get a kick out of shoving vegetables into everything from plum sauce to ketchup. Fruit can be dipped into cream cheese, yogurt or chocolate pudding for a yummy treat.

Don't make it tough for the little ones to eat well. Tiny teeth may shy away from chomping into a big pear or apple, but keep a supply of sliced or diced fruits and vegetables on hand and watch them disappear.

But for best results, be careful where you store them. Even the most appealingly-sliced apple may not make the cut when placed beside a bag of chips or bowl of ice cream.

So give healthy foods a fighting chance by hiding the less nutritious ones.

Then start simple. Kids often

• see FORCING on page 19

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**IGA seeks on-the-go granny**

They're looking for a few good grannies.

IGA and the Washington State Apple Commission are sponsoring a contest to find an on-the-go grandmother from Ontario who's lifestyle best suits the healthful attributes of Washington state's famous Granny Smith apples.

Don Rhyno, director of produce sales for Sobeys' Ontario Division, encourages all grandmothers in the area to fill out their ballot as soon as possible as the contest ends March 31.

The winning granny will receive a cash prize of \$500 and will go on to the finals in Washington state, all expenses paid.

In May, the over-all winning grandmother will be named the official "spokesgranny" appearing on supermarket posters and travelling across Canada and the United States to promote apples and a healthy lifestyle.

Applications can be picked up at IGA locations across Ontario.