



DRINK YOUR MEALS

Smoothies are one of the most fun and kid-friendly ways of getting the best food into your child with the least hassles. Here are some tips from the Sears' family kitchen of over 20 years of smoothie-making for their eight children:

Why Smoothies are Smart – Oftentimes children will drink what they won't eat

- Smoothies are a fun way to sneak in less-favorite and nutritious “Grow Foods” that you want your children to develop a taste for, but they won't eat. Try veggies, a square of tofu, a tablespoon of flaxseed meal, flax oil, or fish oil.
- Smoothies are super when children are too sick to eat, but are willing to drink. Since food refusals often accompany the usual childhood illnesses, in Dr. Sears' pediatric practice, he calls smoothies the “Sipping Solution” to prevent dehydration and undernourishment, while a child is recovering from an illness.
- Smoothies soften bowel movements, a very effective treatment for the common condition of childhood constipation. The high fiber in the fruit and ground grains, such as wheat germ, flaxseed meal, and flaxseed oil are some of nature's best laxatives.
- Smoothies are also a fun way to gradually shape or reshape children's tastes toward eating more “Grow Foods” and less junk foods. By adding more of one food and less of another, you can gradually reshape their tastes in the right direction, often without them even realizing they are drinking something different.

See suggested Smoothie Recipes at www.zak.com



SMOOTHIE SIPPER™

