

Kids love to squeeze edamame peas from pods.

Pick-Me-Ups

Whether you meet your kid at the bus stop or give him a ride home from school, one of the first things he'll tell you is that he's starving. And when a child is really hungry, he'll eat pretty much anything, says ADA spokesperson Ximena Jimenez, R.D., of Miami. Use the opportunity to make him a snack that's packed with vitamins and minerals.

Edamame Poppers

Star Nutrient A cup's worth (22 pods) has nearly as much protein as a small burger.
Homework Microwave frozen edamame pods with a sprinkle of water on High for two minutes. Add a pinch of salt and serve.

Berry-Healthy Smoothie

Star Nutrient This frothy drink delivers 500 milligrams of calcium—about 60 percent of the day's needs for kids ages 4 to 8.
Homework Blend ½ cup plain low-fat or nonfat yogurt, ½ cup calcium-fortified orange juice, ½ cup frozen berries, and 2 Tbs. nonfat dry milk powder until smooth.

Toaster Treats

Star Nutrient Each cheesy piece has just as much fiber as a grainy granola bar.
Homework Top whole-grain toast with canned fat-free, refried beans and reduced-fat shredded cheese. Melt cheese in broiler.

GOOD TO GO

Every mom needs a stash of packaged staples for tossing into lunch boxes and sports bags when time is tight. We polled dietitians to find out their all-time faves.



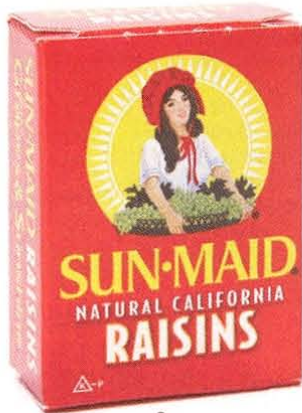
Cream of the Crop
 This thick, nonfat Greek-style yogurt comes in kid-friendly flavors like strawberry. (\$1 per 6-oz. container)



Cool Cheese
 Frigo Natural Light String Cheese has just 60 calories and 2.5 grams of fat per piece. (\$3 for 12)



Hop on It
 These cheesy bunny crackers are packed with fiber. (\$3 per 7.5-oz. box)



Classic Fave
 There are a lot of new dried fruits, but these mini boxes of antioxidant-packed raisins remain a hit with young kids. (\$3 for 14)



A Cut Above
 "Dole's Fruit Bowls are a lifesaver in our house when we're running late," says Dave Grotto, R.D., of Elmhurst, Illinois. (\$3 for a four-pack; dole.com)

Coming Next Month

Parents goes to dinner with a top nutrition expert and his kids, for tips to get your family to eat healthfully at home.



Get a month-long family nutrition makeover and take our walking challenge at parents.com/fightfat.