HEALTHFUL FOODS
TASTE-TESTED—BY KIDS

KidKritics.com can help you find healthful foods that kids will love. The Web site lists more than 600 convenient foods with high scores from taste-testing panels of girls and boys between the ages of 5 and 14. Such foods earn a “Kid Kritics Approved” seal.

To be eligible for tasting, foods must meet the following nutritional standards set by a board of natural health experts:

• A natural-source plant, animal, or fish
• Original nutrients not seriously diminished or eliminated in food processing (e.g., whole vs. refined grains)
• No corn syrups
• No bad fats
• No artificial ingredients
• Little to no caffeine
• Acceptable amounts of naturally-sourced sugar or sodium

Kid-approved products include every conceivable type of packaged food, including various brands of meats and meat substitutes, poultry, fish, cheeses and cheese alternatives, pastas, spreads and dips, salad dressings, packaged vegetables, dried fruit, chips and other snacks, cereals, waffles, desserts, drinks, yogurts, and chewable or drinkable dietary supplements.

CINNAMON PROTECTS AGAINST DIABETES

Cinnamon may help to prevent or avert development of type 2 diabetes, according to research led by the US Department of Agriculture. In a study of 22 obese people with prediabetes (elevated blood sugar that indicates progression toward diabetes), 250 milligrams of a cinnamon extract, twice daily, was compared to a placebo. Among those taking cinnamon for 12 weeks, blood sugar dropped significantly and blood pressure and body fat decreased slightly.

WATER: WEIGHT LOSS ELIXIR

Smaller portions may be more satisfying if you drink two cups of water before a meal. In a study of 48 people who ate a low-calorie diet for 12 weeks, those who drank water before meals lost five additional pounds. Water fills up the stomach with zero calories and can replace other calorie-rich drinks.