

stick to a better diet— even around your kids

Maintaining a healthy diet can be a challenge when you're a mom, especially when your kids are averse to any food that's green. "The secret is being super-organized," says Jessica Seinfeld, wife of Jerry, working mother of three, and author of the



Fruits and veggies are the preferred fast food in the Seinfeld home

new book *Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Food*. Two of the strategies she uses to work healthful foods into her—and her family's—life:

- ✓ **Eat a quick breakfast every morning.** Most often, Seinfeld microwaves a bowl of oatmeal and tops it with fresh blueberries, so she knows she's starting off the day with something nutritionally sound.
- ✓ **Sneak in the nutrients.** She blends steamed vegetables (broccoli, peppers, carrots) in a food processor, then mixes them into kid-friendly dishes, so she can enjoy them too. Some favorites: pancakes with sweet-potato purée and mac and cheese made with reduced-fat cheddar and cauliflower purée.



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