

Featuring Salba Smart in the August 2009 issue of *Chicago Parent*  
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BACK TO SCHOOL

## Healthy lunch, healthy kids

*Kids put products to the test*

Let's face it, when it comes to kids and food, looks matter. No matter how nutritious something is, kids will turn their nose up if the food looks "gross." Soupy peanut butter with no trans fat? They won't touch it. Blue chips? Can't talk the younger kids into it.

Knowing how tough kids can be when it comes to food, we decided to round up the healthy food choices out there and put them to the test with the toughest critics of all—kids.

Ten kids, age 3-13, chomped their way through wheat bread, organic jelly, chips with no trans fat. If it was out there, we found it and tested it. Here's how the lunch foods stacked up. Four stars rated top thumbs up from the testers—one star, take a pass.

### BREAD

**Alvarado St. Bakery Ultimate Kids Bread**

★★★

Wheat and regular. Kids liked it, moms thought it was too dry.

**Ezekiel 4:9 cinnamon raisin, whole grain and sesame**

★

All of our testers thought this bread was too dry.



### PEANUT BUTTER

**Santa Cruz organic peanut butter, crunchy or creamy**

★

This peanut butter was just too soupy—our testers wouldn't even try it. Putting it in the refrigerator made it too stiff to spread.

**Jif Natural and Jif Reduced Fat To Go**

★★★★



Our tasters like these peanut butters, which are free of trans fat without being soupy.

**MaraNatha All-Natural, No Stir**

★★

Tastes good without being soggy but because it needs refrigeration, it can be hard to spread.

### JELLY

**Crofter's Superfruit spread, all flavors**

★★★★

From raspberries with yumberries to black currants mixed with pomegranates, all of our testers loved these spreads.

**Smucker's Sugar Free apricot, strawberry and grape jam and preserves**

★★★★



These tasted like home-made.

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## SNACKS

### Funky Monkey Snacks

★★



Some flavors, like the carnival mix and pineapple with lime, got good reviews. But the bananamon received thumbs down because of the aftertaste.

### Pop Along Whole Grain Snacks by Revolution Foods

★★★★

In flavors like cheesy cheese and simply cinnamon, these snacks were a hit.

### Explorer's Bounty Gallop a Loozas

★

All of the testers put these snacks on the "do not try" list.

### Clif Kids Organic Twisted Fruit

★★★★

Absolutely delicious real fruit snacks.



### StretchFruitBu Organic Smooshed Fruit and Fruit Leather

★★★★

These fruit snacks were so good they were gone in minutes.

### Can Do Kid Nutrition/ Energy Bar (high in protein, flavors are cookies and cream, chocolate crunch, vanilla)

★★★

One of our pickiest eaters decided to try these snacks because she liked the animals on the packaging—the snacks even passed her taste test.



## DRINKS

### R.W. Knudsen Sensible Sippers

★★★

Our testers loved these drinks, but even the younger kids found that one juice box was too small to quench their thirst.

### Honest Kids Organic Thirst Quencher

★★★

Lots of different flavors, but on a few of them the kids thought the flavor wasn't strong enough.



### Hint Essence Water with natural flavors

★

Our testers all spit this one out.



## CHIPS

### Food Should Taste Good Chips

★★★★

It didn't matter which flavor they tried, from ground cinnamon to potato and chive to tortilla chips, our testers loved these healthy chips. "Very tasty and salty—these chips were the best," said one tester.



### Salba Smart Chips and Pretzels

★★★★

Our testers loved the chips, pretzels and tortilla chips, although the younger kids nixed the idea of trying blue chips. The baked potato thin crisps got a "so good, mmmm!"

## TREATS

### Erin Baker's Organic Brownie Bites (flavors: classic walnut, double chocolate chip, chocolate chip mint)

★★★

No trans fat, 100 calories or less, tasted great but very small.



## MISCELLANEOUS

### Santa Cruz Organic Applesauce

★★★

Applesauce is obviously an acquired taste—about half of our testers don't eat applesauce and wouldn't try any. The ones who did try these serving-size goodies in flavors like apple raspberry sauce loved the taste.

### Salba Smart Salsa

★★★★

In medium and mild flavors, the kids loved this salsa so much that one mom went out to buy more chips so none of the salsa went to waste.

### Organic Mashup Squeezable Fruits by Revolution Foods

★★



These containers of fruit, which you squeeze through a spout on the top, turned off most of our testers. The ones who would try them liked the fruit, but most of the testers wouldn't attempt a sip.

### Organic Jammy Sammy by Revolution Foods

★★★

While the kids liked these circular sandwiches filled with peanut butter and jelly, one mom thought they were too small and too high in calories.