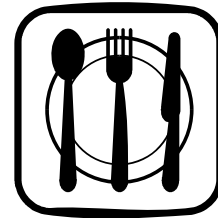


NATHAN'S BREAKFAST

Feeding children can be a challenge for some parents. Below is a breakfast that we use to get some basic nutrients into our son's body.

Waffle/Pancake: (makes two waffles)

- ½ cup Arrowhead Mills Pancake/Waffle Buttermilk mix.
- ½ cup Natural Ovens Pancake/Waffle mix.
- ½ scoop Jay Robb's Egg Whites (Van.) or 1 org. egg.
- 1 teaspoon Nature's Plus Fiberific.
- 1 teaspoon of Flax Seed oil (Use only NSP or Barleans).
- 1 capsule of Alfalfa (open capsules and add contents).



Mix the above ingredients with filtered water. Makes waffle or pancake. We use Spectrum's Spray Oil (olive or grape seed) so it doesn't stick to the pan or waffle iron.

Waffle/Pancake toppings:

- 1 teaspoon Earth Balance Natural Margarine. (No Trans-Fatty Acids, No Hydrogenated Oil, No Preservatives, Lactose Free, Gluten Free, 100% Vegan).
- 1 teaspoon Organic Maple Syrup (Shady Oaks) mixed with 3 to 4 Tablespoons Organic Agava Nectar (Madhava).

Variety/Options:

- Instead of egg, use 1 Tbs. Nature's Plus Banana-Orange Cream Frutein, or, 1 Tbs. Naturade Soy-Free Protein mix (Jay Robb Egg whites taste great).
- Add 1 banana whole, chopped into small pieces for added texture.
- Use Almond beverage or rice drink instead of water.

Throughout the day; I give him Aalcer's Vitamin Mix for Children (strawberry taste) or Mega-Kid from Source Naturals. I also give him 2 chewable Calcium/Mag per day (Nature's Plus Vanilla Ice Cream Flavored). Sometimes I rotate Trace Mineral Research's Calcium/Mag/Zinc in a liquid. It has all the trace minerals in ionic form.

Other things you can do to help your children are to remove artificial sweeteners, artificial coloring, and artificial flavoring from their diet. Use stevia mix drinks instead of fake colored drinks. Encourage fruit instead of candy.

Make eating fun and enjoyable. If you are going to let them eat junk, make it an exception and not an everyday occurrence. Yes, you are human and it is OK.