



**We Report.
You Decide.**

Search FOXNews.com
Search the Web with Live Search

Sign Up Now!
Get e-mail alerts
when news breaks

ON FNC:
 FOX REPORT 7:00pm EST
News at the Speed of LIVE!
SCHEDULE

- HOME
- U.S.
- WORLD
- POLITICS
- BUSINESS
- HEALTH
- SCIENCE
- TECH
- ENTERTAINMENT
- VIDEO
- OPINION
- MYNEWS
- SPORTS
- WEATHER
- RADIO
- MOBILE
- FOX & Friends
- Studio B
- Your World
- Big Story
- Special Report
- FOX Report
- O'Reilly Factor
- Hannity & Colmes
- On the Record
- FNC iMag
- FOX Fan

If you've had **chickenpox**, you are at risk for a potentially serious disease. Shingles

As you age, your risk for Shingles increases.

[Rollover to learn more](#)

HEALTH

- HEALTH HOME
- THINGS TO KNOW
- AGING
- HEART
- PREGNANCY & PARENTING
- HEALTH VIDEO
- HEALTH CENTERS
 - AGING
 - ALLERGY / COLD & FLU
 - ALTERNATIVE MEDICINE
 - BEAUTY & SKIN
 - CANCER
 - DIABETES
 - HEALTH TECH
 - HEART DISEASE
 - NEUROLOGY/ MENTAL HEALTH
 - NUTRITION AND FITNESS
 - PREGNANCY & PARENTING
 - SEXUAL HEALTH
 - SPORTS MEDICINE / ORTHOPEDICS

- SPECIAL FEATURES**
- ARTHRITIS
 - HEADACHES & MIGRAINES
 - THINGS YOU SHOULD KNOW

PET HEALTH

NEWS ARCHIVE

HOT TOPICS

- VIDEO: FOX NEWS FLASH
- FOX NEWS ELECTION COVERAGE
- CELEBRITY GOSSIP

SECTION MAP

SEE MORE

Send news tip to FOXNews.com

SUBMIT

FOXNEWS.COM HOME > HEALTH

Key to Fighting Childhood Obesity: Single-Serve Portions of Hummus?

Thursday, July 19, 2007
Associated Press

[E-MAIL STORY](#) | [PRINTER FRIENDLY VERSION](#)

Mark Smith is convinced he can turn a generation of junk-food eaters into die-hard devotees of what he calls "the salsa of this decade."

The dynamo treat? Single-serve portions of hummus and it may be coming to a school cafeteria near you.

As the federal government prepares to raise standards for food served in schools, vendors like Smith are rolling out healthier versions of lunchroom favorites. Now there are whole-grain pizzas and baked chicken nuggets, along with new offerings like hummus. It's all part of an uphill — and so far losing — battle to slow rising obesity rates.

Government rules, which limit fat and require certain levels of vitamins and protein, are about to get tougher. The **U.S. Department of Agriculture**, which oversees the national school lunch and breakfast programs, will announce changes by the end of the year.

But getting kids to choose broccoli florets over a fries-and-soda combo is a tall order. A recent Associated Press review of school nutrition studies found that classes on healthy foods and menu changes in the lunchroom have had little effect in altering generally bad eating habits of U.S. school kids.

(Story continues below)

ADVERTISEMENTS

ADVERTISE HERE

AARP Auto Ins Quotes
Over 50? Save \$303 On Auto Ins With The Hartford. Free No Hassle Quote
[AARP.TheHartford.com](#)

Hot Flashes in Menopause?
Our Personal Program solves the underlying cause of your hot flashes.
[www.womentowomen.com](#)

RELATED

STORIES

- Gym Targets Teens with Video Games, Personal Trainers
- The Skinny on Pilates
- 75 Percent of U.S. Adults Will Be Overweight by 2015, Study Says
- Scientists Find Way to Block Weight Gain in Stressed People

"I've witnessed kids who have a choice of fresh foods and vegetables and other choices and they choose the other choices, because that's what kids do," said Dr. Reginald Washington of Denver, who is on a committee on childhood obesity for the **American Academy of Pediatrics**.

Kids agree. Sean McCarney, a 12-year-old from North Huntingdon, Pa., says his peers are "programmed to like fried stuff so it's hard for them to change over."

Food suppliers know that, and they are scurrying to find options that could become lunchroom favorites.

While hawking his hummus and pita chips at this week's **School Nutrition Association** annual meeting in Chicago, Smith rattled off the [health benefits](#) of the garbanzo bean-based dip.

"It tastes really good," he added. But it may not be for everyone, especially young eaters, said the vice president of sales for Ziyad Brothers Importing of Cicero, Ill.

"The name hummus scares them a little bit," he said.

Perdue Farms Inc. can attest to the challenge of developing healthy but still appealing options. When the company tested chicken nuggets with whole-grain breading two years ago, "it came out looking like baked bugs," said Doyle Jones, national sales manager for the company's school food service.

"It doesn't do you any good to make something if the kids are going to throw it in the trash can," she said.

Now the Salisbury, Md., company's most popular school sellers include drumsticks and spicy breaded chicken bites with a partial whole-grain breading that are baked in cafeterias.

To tempt taste buds, many schools hold sampling events for students.

FOX NEWS VIDEO

TOP VIDEO



Fast Foot Fungus Fix
It's an embarrassing problem. Don't cover up your fungus; find out how to fix it at home!

Sponsored By

Latest Fox News Headlines

HEALTH

- Couple, surrogate mom fight for custody
- Deadly Tylenol PM?
- New diet book flies off shelves
- Is coffee good for kids?

ADVERTISEMENT

If you've had **chickenpox**, you are at risk for a potentially serious disease. Shingles

As you age, your risk for Shingles increases.

[Rollover to learn more](#)

BEST HEALTH BLOGS



Scientists discover link between genes and Restless Leg Syndrome
Scientists at Emory University in Atlanta, USA, and deCODE Genetics in Reykjavik, Iceland, have discovered genes that are...



Hispanic Paradox Refuted by a Pair of Docs
news you may not know Is That A Good Thing? Yes, the "pair of docs" is an old and cheap play. But, what about the Hispanic...



The "RLS Gene" Story: Requip Ad Disguised as News on ABC
I couldn't believe my eyes and my ears last night when ABC News devoted significant air time to a story that it claimed...



Brain chemical that battles despair identified
Researchers have identified a gene-regulating protein in the brains of mice that triggers the animals' ability to cope with...



Burn More Fat: Include a Rest in Your Workout
Instead of one continuous cardio workout - try taking a 20 minute rest break in the middle - it may burn more fat. This is...

- MOST READ
- TOP EMAILED
- TOP VIDEOS

- **British Teen Finds \$90G in PlayStation 2 He Ordered on eBay**
- **Ex-Husband Says Missing Mom, Who Moonlighted as Escort, Planned on Meeting Clients the Night She Vanished**

Connie Mueller, a food service director from Bloomington, Ill., has used taste-testing to OK a whole-wheat pizza but nix breaded baked fish. Vegetables often have the most difficult time getting kid approval.

"Sometimes they have to see it, they have to see other people eating it," she said. "Sometimes it's texture, sometimes it's smell."

Some nutrition experts contend that regardless of changes made to items like pizza and chicken nuggets, those choices still aren't the best.

Washington, the pediatrics specialist, is among those who hope schools ditch the bad-food options entirely so children are forced to choose from healthy-only alternatives for at least one meal each day.

Still, he says, "schools shouldn't be given total responsibility" for changing bad eating habits.

And it's a struggle for school systems to buy fresh, wholesome food on tiny budgets.

Whole-wheat bread, for instance, can cost pennies more a serving than traditional white bread. That may not seem like much, until you consider that districts like Janey Thorton's in Hardin County, Ky., must hold their local spending to 85 cents a day per meal.

Despite the challenges, educators say they hope the updated meals introduce children to new foods, like sliced kiwis, blood oranges, and even hummus.

"It's our jobs as adults to teach children how to eat," said Thorton, president of the [School Nutrition Association](#). "We're not going to turn this around overnight. We have to change parents, too. It's going to take everybody."

[See Next Story in Health](#)

[E-MAIL STORY](#) | [PRINTER FRIENDLY VERSION](#)

- Mom Accused of Beating Kids on Flight and Threatening Flight Attendant Who Intervened
- Woman Allegedly Attacks Visitor for Cutting Line at Magic Kingdom
- Former Broadcom CEO Accused of Building Secret Lair Under Estate for Sex and Drugs
- Police Say California Mother Drove Son, Fellow Gang Members to Kill 13-Year-Old Boy
- Ohio Teen Accused of Killing Child Because He Was Angry Over Toilet Training
- Teen California Girls Charged With Animal Cruelty as Burned Cat Clings to Life
- Pizza Deliveryman Who Robbed Bank Had Neck Measured for Bomb Collar
- Florida Woman Returns Home to Find Burglar Dead in Bedroom
- Man Convicted of Leaving Child to Be Eaten by Alligators
- Police Suspect Texas Man Set Fire to Three Women Including Mother, Aunt
- Texas Stores Pull Tylenol PM as Youths Use It to Create Heroin Mix 'Cheese'
- Report: Britney Spears and Mom Slap Each Other During Fight
- U.S. Military: 'Islamic State of Iraq' Fronted by Imaginary Leader
- Officials: No Asbestos Found in Air After Steam Pipe Explosion in New York

ADVERTISEMENT

NEW! Colgate Total Advanced Clean. Helps maintain a dentist clean between visits. *Visit your dentist regularly.

GET A FREE SAMPLE

The Checklist: Dr. Manny's new book has arrived!

- U.S. • WORLD • POLITICS • BUSINESS • **HEALTH** • SCIENCE • TECH • ENTERTAINMENT •

AP WIRES

Health Section

Top News Story



Fast Foot Fungus Fix

Featured Content

- Things to Know
- Aging
- Heart
- Pregnancy & Parenting
- [See More](#)

- Botulism From Canned Food Is a Rarity
- Hospital Told to Return Placenta to Mom
- TB Patient Transferred to Colo. Hospital
- Vendors Pitch Healthier Foods for Kids
- Taste-Testing New School Foods
- Study: Clinics Overuse Lab Technique
- Studies: Restless Legs Syndrome Is Real
- Survey Finds Many Docs Stress Mistakes
- Tamper-Resistant Pads Could Prove a Pain
- Texas Man Battles Flesh-Eating Bacteria
- [News Archive](#)

MARKETPLACE

- TRAVEL
- JOBS
- AUTOS
- REAL ESTATE
- MORTGAGES
- PERSONALS
- RELATIONSHIPS

I am a Man Women Seeking Between 25 and 45 Zip Code

[SEARCH](#)

Find a Flight	Find a Job	Foreclosures	Find a Date	Find a Mortgage
Find a Car	Find Love	Free Credit Score	5.05% APY. No	Fox News Shop

[SEARCH](#)

- [News Alerts](#)
- [RSS Feeds](#)
- [Podcasts](#)
- [Make FOXNEWS.COM Your Home Page](#)

- [Home](#) | [U.S.](#) | [World](#) | [Politics](#) | [FOX News Polls](#) | [Business](#) | [Health](#) | [Science](#) | [Tech](#) | [Entertainment](#) | [Video](#) | [Opinion](#) | [MyNews](#) | [Sports](#) | [Weather](#)
- [Radio](#) | [Mobile](#) | [FOX & Friends](#) | [Studio B](#) | [Your World](#) | [Big Story](#) | [Special Report](#) | [FOX Report](#) | [O'Reilly Factor](#) | [Hannity & Colmes](#) | [On the Record](#) | [RedEye](#) | [FNC iMag](#) | [uReport](#) | [FOX Fan](#) | [News Archive](#) | [FOX Around The World](#) | [FOX Sports](#) | [Contact US](#) | [Upgrade Central](#) | [FAQs](#)

Advertise on Fox News Channel, FOXNews.com and FOX News Radio. Advertising Specifications (PDF). Jobs at FOX News Channel. Internships At Fox News (Summer Application Deadline was March 15, 2007)

Terms of use, Privacy Statement, For FOXNews.com comments write to foxnewsline@foxnews.com; For FOX News Channel comments write to yourcomments@foxnews.com

This material may not be published, broadcast, rewritten, or redistributed. © 2007 FOX News Network, LLC. All rights reserved. All market data delayed 20 minutes.