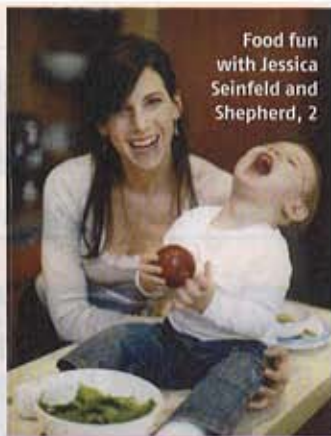


September 2007



Food fun  
with Jessica  
Seinfeld and  
Shepherd, 2

## How the Seinfelds dish it out

Okay, so she's not the Soup Nazi, but mom of three Jessica Seinfeld (as in Jerry) has her own food rules. Here's one we like: To get kids to eat a variety, **break up the main meal**. Splitting dinner into mini-courses makes it less likely they'll focus on one food (like pasta) and leave the rest (like veggies). Seinfeld serves the main protein, then a veggie dish, and ends with carbs. For more, see her new book, *Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Food* (\$25, HarperCollins; out this month).