

# Pointers For Parents

## Easy Steps To A Healthier Lifestyle

(NAPSA)—The road to a healthier lifestyle often begins with small changes in your diet and exercise routines. Start with something simple—like parking farther from the mall and walking the distance, or taking the stairs instead of using the elevator. Exercise professional Cathe Friedrich has teamed up with Egghland's Best eggs to encourage the healthful link between food and fitness. Here are a few tips from Cathe to help your family lead a healthier lifestyle:

- **Minimize temptation.** Resist the temptation to snack on junk food by clearing out unhealthy snacks from the pantry and refrigerator. Buy healthy snacks that fit your diet plan, so there is always something to eat that will help you achieve your goal rather than undermine it.

- **Fill 'er up.** Keep a bottle of water handy wherever you go. Drinking water helps keep you hydrated and reduces your craving for sugary, unhealthy snacks.

- **Move to the beat—your personal beat, that is.** Choose an exercise you enjoy and you will be more motivated to keep it up. For example, if you like to dance, join a dance class.

- **Tap into the protein powerhouse.** Always start your day with a lean, nutritious and protein-rich breakfast. Research shows that starting the day with a protein-rich breakfast that



**Start the day with a lean, protein-rich breakfast. This kind of meal may help you feel fuller longer and eat less during the day.**

includes eggs may help people feel fuller longer and eat less during the day. And don't limit egg consumption to just breakfast; according to a recently published article in Nutrition Today, as many as 25 studies show the post-workout meal to be just as important as the pre-workout diet. These studies also show that the post-exercise intake of high-quality protein can aid in muscle recovery. Egghland's Best eggs are higher in vitamin E, omega-3 and lutein, and lower in cholesterol and saturated fats, than ordinary eggs, making them a great addition to a healthy diet and lifestyle.

Here's an easy and healthy dessert recipe to help you get started:

### Lemon Chiffon with Fresh Berries

*Serves 6*

$\frac{1}{2}$  cup fresh lemon juice,  
strained of seeds, about 2  
large lemons

$\frac{1}{2}$  cup granulated sugar or  
Splenda

4 large Egghland's Best eggs  
2-3 cups fresh berries such as  
strawberries, blueberries  
and blackberries

#### Directions:

- Place lemon juice and sugar in a saucepan. Heat and stir until sugar dissolves. Remove from heat.

- Crack eggs into a bowl and whisk well. Slowly pour the lemon-sugar mix into the eggs while whisking. Whisk for 1 minute and then return the egg mixture to the saucepan.

- Whisk and cook on low to medium for several minutes until the egg mixture thickens. The more you whisk, the lighter the mixture will be. This will take 2-5 minutes, depending on your equipment.

- When the mixture coats the back of a spoon, it is ready to be removed from the heat and refrigerated. It will thicken more as it cools. Cool one hour or more.

- Place some of the lemon chiffon in a dessert glass or bowl and spoon berries over the mixture to complete the dish.

For other great egg recipes, visit [www.egghland.com](http://www.egghland.com).