

# Nutrition for Active Families

## Eat Right, Be Active: Parents Lead By Example

(NAPSA)—Many parents say the biggest challenge when it comes to being a good, healthy role model for their kids is not having enough time. Fortunately, even with today's hectic lifestyles, being a good role model can take less time than you think.

Here are some fun, easy and time-saving ideas that can help you lead your kids down the path to a lifetime of healthful habits:

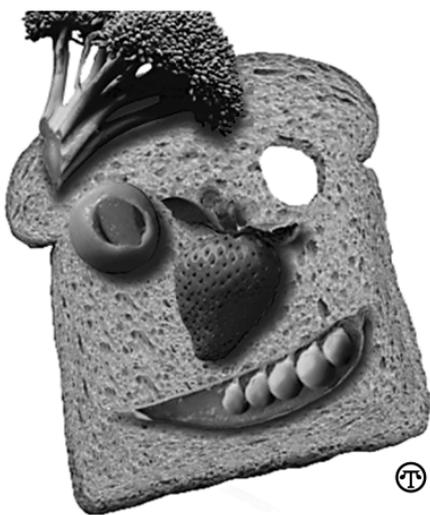
**Healthy eating basics.** Give kids a healthful variety of foods. Allow them to choose what to eat and how much from what you offer.

**When it comes to treats, size matters.** You don't have to banish kids' favorite treats such as chips, cookies and candy. That might make kids want them even more. Offer them once in awhile and in sensible portions.

**Be a screen-time monitor.** Allot kids 1 to 2 hours per day to spend on TV, video games or fun time on the computer—their choice. Brainstorm with your kids to create a "Top 10" list of activities to get them on their feet—and away from the screen—after school.

**The best exercise—play with your kids.** Get active with your kids—it gives you more quality time with them, boosts your energy and helps you manage stress. Make family time active time. For example, build activity into special gatherings, such as a scavenger hunt or a game of volleyball at family picnics.

**Being healthy can take less time than you think.** Plan ahead and map out a week of healthful meals and snacks to stock up on, saving you time and trips to the store. Get the kids involved with meal prep. Even younger kids can do simple tasks such as tearing lettuce for a salad or spooning yogurt on top of fruit for dessert.



Youngsters may enjoy making and eating this imaginative, healthy and kid-friendly snack:

### Insect-Infested Logs

*Makes 4 servings*

- 4 (8-inch) celery stalks
- ½ cup creamy peanut butter
- 2 tablespoons currants
- 2 tablespoons apricot bits or 6 dried apricots sliced into mini "wormlike" pieces

Set the celery stalks down on a cutting board. Saw each celery stalk in half with a cutting knife to make eight (4-inch) pieces. With a butter knife, spread the peanut butter from its measuring cup in each piece of celery. These are your "logs." On top of the peanut butter, sprinkle the currants ("baby ants") and apricots ("worms" or "larvae") straight from their measuring spoon. Lay two Insect-Infested Logs on each plate.

These and more tips for making healthy habits fun for your family are in the Kidnetic.com Real-Life Guide for Parents at [www.kidnetic.com/parents](http://www.kidnetic.com/parents).