

Children's Health Update

TLC's Felicia D. Stoler Provides Tips for Healthy Family Lifestyles

(NAPSA)—With the risk of childhood obesity increasing, it's important for parents to recognize how a well-balanced diet and physical activity can help growing children maintain a healthy weight. The good news is there are easy ways to incorporate these habits into your family's lives.

As a working mother of two, I understand the challenges parents face getting their kids to eat well and stay active. To help keep my kids as healthy as possible, I try including fun activities in daily routines and their favorite foods in imaginative meal plans as much as possible. These simple steps have helped my family and could do the same for others.

Snack Well

- Snacking is a great way to keep kids' energy levels up. My kids love fresh Florida tangerines, tangelos and oranges because they are naturally sweet. These fruits are the perfect family snack because there are so many varieties available nationwide and each one is antioxidant-rich, nutritious and portable. To encourage this healthy habit, keep snack time interesting by using citrus fruits in fun, creative ways, including:

- Make citrus wheels by slicing a Florida orange and then cutting off the peel to create a wheel. To



Photo courtesy of Discovery Communications

Felicia D. Stoler, host of TLC's "Honey, We're Killing the Kids!"

make smiles, cut an orange in half and then slice again diagonally into three.

- Peel a tangerine and mix the sections with frozen yogurt or low-fat ice cream for a delicious cool treat.

- Squeeze the juice of fresh Florida tangerines or tangelos into an ice-cube tray and insert wooden sticks. Freeze the trays for a few hours and let the youngsters enjoy sweet, natural frozen snacks.

Play Together

- Eating nutritious foods is not the only way to stay healthy; families must also be active. In order to keep kids moving, occasionally offer alternatives to TV such as indoor family projects or outdoor

activities under the sun. Here are a few suggestions:

- Plan weekend activities of interest to the kids such as an afternoon at the skating rink, swimming pool or the zoo.

- When venturing outdoors, consider a bike ride in the neighborhood or a scenic location. Have water balloon fights in the backyard or go sledding.

- When it's freezing cold or really hot outside, put everyone's creative juices to work indoors by making family photo albums or organizing the toys in the basement.

No matter what the adventure is, be sure to refresh everyone afterwards with water or foods with high-water content, like tasty fresh Florida citrus.

For more of Felicia's tips on healthy family lifestyles and healthy snacking with nutrient-rich citrus fruits, please visit www.FreshFruitFromFlorida.com.

Felicia D. Stoler, DCN, MS, RD, is an expert consultant in family nutrition and healthful living, specializing in integrating behavior modification and exercise strategies for individuals looking to enhance their health and well-being. Dr. Stoler is best known as the host of TLC's groundbreaking family series "Honey, We're Killing the Kids!"