

NUTRITION FOR ACTIVE FAMILIES

Healthy Habits Are All About Planning Ahead Chef Kathleen Daelemans' Quick Solutions For Busy Families

(NAPSA)—Fast-food signs beckon when hungry families spend hours in the car, zipping from soccer practice to debate team and doctor appointments to piano lessons.

But fries and soft drinks won't provide the energy and nutrients that families need, says Chef Kathleen Daelemans, author of The New York Times best-selling cookbook "Cooking Thin with Chef Kathleen: 200 Easy Recipes for Healthy Weight Loss."



**Chef
Kathleen
Daelemans**

"Families today are so busy," Daelemans says. "But curbing cars for convenient hunger relief isn't the only option."

Daelemans, who herself struggled with weight loss for years before shedding 75 pounds, says the best way to stick to a healthy lifestyle is by planning ahead. That way, you won't fall into the high-calorie food temptations.

Daelemans and TheGreenNut.org offer the following five tips for keeping families that are on the go charged in 2010:

•Pack Snacks and Mini-Meals to Go: Keep healthful foods everywhere—in your car, in your tote bag, close to the TV. Create snacks such as pistachio trail mix by tossing pistachios with dried cranberries, blueberries and cherries. Then divide the mix among individual-sized bags and keep them in places where you spend the most time.

•Mark Meals in Your Schedule: Take a look at your schedule



In a nutshell: Eating pistachios can be good for your health.

at the beginning of the day and allot a time to eat. If you know you're going to be running around all day, make sure you have quick-fix meals in your purse. Try spreading pistachio butter (blend pistachios in a food processor until smooth) in between two crackers and packing in a bag with an apple and a low-fat string cheese. Eating is important—so if you're prone to forget, put it on your calendar, just as you do with any important event.

•Don't Keep What You Shouldn't Eat: The grocery store aisles are loaded with foods that, with just a few easy steps, can become nutritious snacks or minimeals for the whole family. Keep healthy quick fixes such as instant oatmeal on hand. Pour oatmeal into a mug with some fruit and pistachios on your way out the door for a meal to go.

•Shop Weekly: Plan what you will eat for an entire week and do all the shopping at once. If you make a list and buy only ingredients that you'll need for

the food you intend to make, you will only need to resist temptation once a week.

•Change the Way Your Tongue Thinks: As much as you know you love chocolate cake, substitute desserts with sweet alternatives, such as vanilla nonfat yogurt drizzled with maple syrup and a sprinkle of chopped pistachios.

The Proof is in the Research

The USDA Children's Nutrition Research Center, Department of Pediatrics, Baylor College of Medicine in Houston recently came out with groundbreaking research sponsored by the International Tree Nut Council, stating that consuming tree nuts (such as pistachios) is associated with a higher overall diet-quality score, improved nutrient intakes (including antioxidants and vitamins A, C and E), lower weight measures and lower prevalence of health risks.

TheGreenNut.org is part of a nutrition awareness campaign sponsored by the Western Pistachio Association (WPA). For more healthful tips, visit www.thegreennut.org.