



# WINTER TIPS for eating healthy and exercising

by Dr. Cynthia Napier Rosenberg, UPMC

**B**USY FAMILIES MAY BE TEMPTED TO EAT OUT MORE OFTEN in the dead of winter, but dining out doesn't have to cause your healthy diet to go adrift.

Going out to dinner can save time on busy school nights and bring relief to families juggling jam-packed sports schedules. But letting a restaurant do all the work can have some disadvantages.

Lingering over the table with friends and family may lead to one too many slices of bread or baskets of chips. High-calorie appetizers, bigger portions and sugar-filled drinks can raise cholesterol levels and add on the pounds over time.

Whether you are indulging in an all-you-can-eat buffet or enjoying the finest in high-end dining, the tips below can help you cut fat and calories — and still enjoy your time away from dinner duty.

- Ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- Ask for whole wheat bread for sandwiches.
- Start your meal with a salad packed with veggies to help control hunger and feel satisfied sooner.
- Choose main dishes that include vegetables, such as stir-fries, kebobs or pasta with tomato sauce.
- Order steamed, grilled or broiled dishes instead of fried or sautéed items.
- Order an appetizer or side dish instead of an entrée.
- When your food is delivered, immediately set aside or pack half of it to go.



PHOTOS: ISTOCK

- Share a main dish with a friend.
- Ask for salad dressing to be served on the side, so you can add only as much as you want.
- Skip the gravies, cream sauces and extra butter.

Source: *MyPyramid.gov*

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## Make Fitness a Family Affair

Cold weather doesn't have to slow you down. Exercise should be an important part of your family's daily routine. What the kids learn now may just develop into a healthy habit of a lifetime. Try these ideas on how to keep your family fit for life.

- Limit sedentary activities such as television, video games and computer time to two hours a day. Remember, TV commercials encourage children to crave the foods they see.

Source: *American Physical Therapy Association*

- Exercise with your children during commercials; for example, do sit-ups, push-ups or run in place. Discourage snacking or eating meals while watching TV.
- Have your kids brainstorm a game plan of indoor activities such as jumping jacks, Simon Says or mall walking.
- Reward your child for engaging in physical activities. Positive rewards may include workout clothes, a new basketball or an evening of roller skating.