

ACCENT

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Kids may persuade you to eat badly

If you buy chips for the children, you're likely to eat them, too

By LEE BOWMAN
SCRIPPS HOWARD NEWS SERVICE

Your kids may be making you eat more fat — the equivalent of nearly an entire frozen pepperoni pizza each week — than adults who do not live with children, according to a new study published online.

Researchers at the University of Iowa and the University of Michigan Health System analyzed data from a national nutrition survey of 6,600 adults 17 to 65 living with and without children younger than age 17.

Nutritionists asked detailed questions about what the adults and the rest of their family had eaten in the past 24 hours, and how often they ate high-fat foods.

Most family diet studies have focused on how adults influence children's eating habits, but Dr. Helena Laroche, an associate professor of internal medicine and pediatrics at the University of Iowa, said her team wanted to consider how children or their habits might affect the food intake of adults living with them.

She and her colleagues report in the *Journal of the American Board of Family Medicine* that compared to adults living without children, those with kids in the home ate 4.9 grams more of fat daily, including 1.7 grams of saturated fat, which is particularly linked to heart disease.

Adults with kids in the house were also more likely to eat foods such as cheese, ice cream, beef, pizza and salty snacks.

"These dietary choices may be due to time pressures, advertising aimed at children that also includes adults, or adults' perception that children will eat only hot dogs or macaroni and cheese," Laroche said. "Once these foods are in the house, even if bought for the children, adults appear more likely to eat them."

However, Laroche noted that the study "doesn't prove that the presence of children causes adults to eat more fat. People living with children may have different eating habits for many reasons. But this does demonstrate that healthy changes in eating need to focus on the entire household, not just individuals."

The researcher noted that the surveys did not distinguish between households that included only parents or other adult relatives.

Nor was the study able to determine if there are differences between homes with younger children and those with older children, especially teenagers.

The study, funded by the Robert Wood Johnson Foundation and the National Institute of Child Health and Human Development, will appear in the January-February print issue of the journal.

Laroche said she hopes to continue studies of adults diet's in homes with children but said it's clear that many adults eat differently around children and need to be more aware of their cooking ingredients, avoiding high fat oils and whole milk, and particularly being wary of high fat snack foods.

Having snacks on hand for kids makes adults gain weight, a study finds.

ON THE WEB

Journal of the American Board of Family Medicine: jabfm.org

Auld lang sigh

There are no quick fixes for diet resolutions

By MACKENZIE CARPENTER
PITTSBURGH POST-GAZETTE

We're fatter than we've ever been, but those diet books just keep on coming.

And we keep on buying them, to the tune of about a half-billion dollars in 2006, the best evidence yet that in our appearance-obsessed society, hope still triumphs over experience.

As 2007 dawns, there are no wildly popular weight loss fads sweeping the country on the scale of Atkins or South Beach a few years ago, or, to a lesser extent, the Sonoma and Shangri-la diets of last year.

"You on a Diet" by Drs. Michael F. Roizen and Mehmet C. Oz is a best seller, however, in no small part due to the handsome Dr. Oz's recent appearance — wearing a surgeon's scrubs — on "Oprah."

While Roizen and Oz speak to the reader in accessible language, some of their recommendations — like throwing out your bathroom scale and measuring your waist instead — have been met with skepticism by other weight-loss experts.

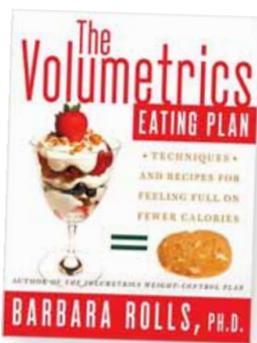
"Waist size is very important, but there's no easy and accurate

way for most people to measure it," says Barbara Rolls, a nutritionist and professor of biobehavioral health at Penn State University.

Rolls is the author of her own successful diet book, "The Volumetrics Eating Plan," which advocates eating volume-dense, low-calorie foods that will make you feel fuller.

"There isn't anything really new out there in terms of what they're telling people," she says. "The problem with the diet book market is that people still want a magic solution. They don't want to hear the truth about weight loss, which

is about eating fewer calories and moving more, period."



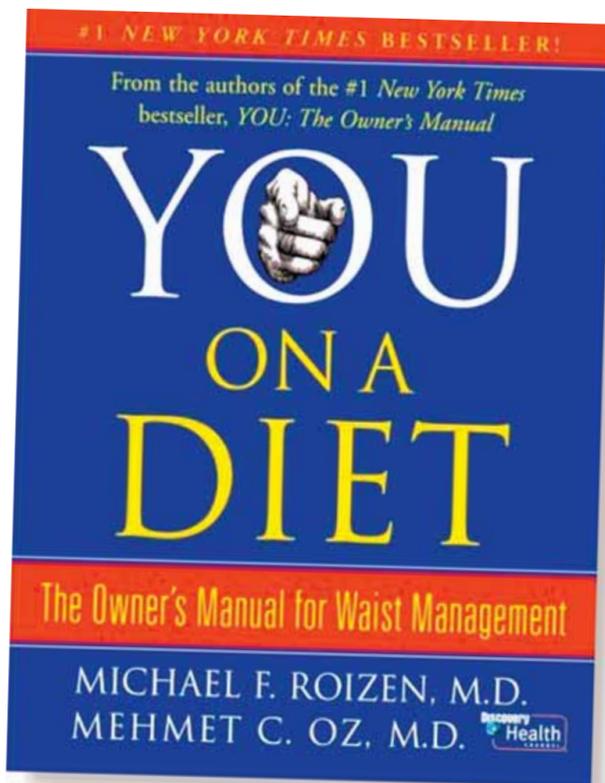
"The Volumetrics Eating Plan," by Barbara Rolls, a nutritionist and professor of biobehavioral health

There's more depressing news: We're eating less fresh food than ever, according to a new study by NPD Group, which researches consumer trends.

Only 47 percent of our at-home meals contain fresh food, down from 56 percent in 1985.

For those determined to make 2007 the year they finally did something about those extra pounds, here are some capsule reviews of diet books that came in over the transom in late 2006.

Any one of them could be the next big thing, or not.



"You on a Diet" by Drs. Michael F. Roizen and Mehmet C. Oz

FOUR TAKES ON WEIGHT LOSS

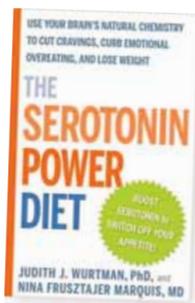


'How The Rich Get Thin'

By Dr. Jana Klauer, aka "Park Avenue's Top Diet Doctor" (St. Martin's Griffin, \$13.95 paperback): At one point Klauer quotes the late, great Vogue editor Diane Vreeland: "People who eat white bread have no dreams!"

Sounds interesting, but Klauer's advice doesn't differ that much from most other diet gurus: Get enough calcium, eat high-quality protein, eliminate processed foods and exercise every day.

Oh, and a personal chef and trainer don't hurt.



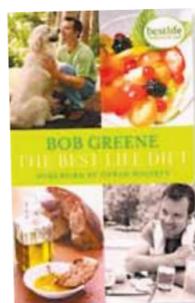
'The Serotonin Power Diet'

By Judith J. Wurtman and Dr. Nina Frusztajer Marquis (Rodale, \$24.95): You probably should have had this book before Thanksgiving, because it explains why we feel so sleepy after eating turkey, but it wasn't published until Dec. 12.

Turns out that tryptophan, an amino acid in turkey and all protein, isn't the sleep-inducing agent; it's the high-fat, high-carb side dishes we eat with it, from mashed potatoes to pumpkin pie.

This book, co-authored by brain researcher Wurtman, looks at the relationship between brain chemistry and nutrition and shows us how to eat in a way that boosts serotonin, which shuts off appetite and relaxes us.

Users of antidepressants will also find tips on how to lose weight associated with their medication.



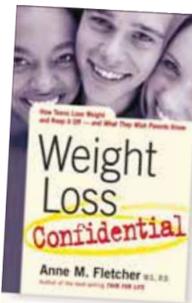
'The Best Life Diet'

By Bob Greene (Simon & Schuster, \$26): This book is a shoo-in for a sales-boosting appearance on "Oprah," because Greene is the Daytime TV Queen's personal trainer and the man who helped her lose weight and keep it off, more or less, for a dozen years.

Still, this is a sensible book that advocates making gradual changes in the way we eat rather than embracing fads.

Greene, an exercise physiologist, advocates lots of physical activity in addition to consuming fresh vegetables, fruit, fish and poultry and lean meats.

For control freaks, he provides detailed daily menus. For those in need of general, sensible guidelines and the latest information, he provides that, too.



'Weight Loss Confidential'

By Anne M. Fletcher, (Houghton Mifflin, \$26): Fletcher, a Minnesota dietitian and author of "Thin for Life," turns her attention to the childhood obesity crisis with this book, in which teens talk about their weight loss strategies and what they wish parents knew (don't be the food police; be supportive, not punitive, when they overeat).

This book has lots of valuable insights from young people and useful information about portion control, exercise, low-carb diets, how to eat at restaurants and more.

It's definitely worth reading.

TO YOUR HEALTH

Daily Journal staff report

Learn to cope with disease during cancer society class

The American Cancer Society will conduct a free I Can Cope group program for cancer patients, caregivers and family members from 5 to 7 p.m. Jan. 18 at Johnson Memorial Cancer Center, 1159 W. Jefferson St., Franklin.

The program clarifies cancer facts and myths and helps patients, families and caregivers understand feelings of loneliness, fear and frustration that occur with cancer.

The session will be led by Sue Armor, an oncology nurse at Johnson Memorial Cancer Center. A free, light meal will be included.

Classes are free and open for anyone to attend.

Registration is required by calling 738-3346.

Grief support groups offered through hospice

St. Francis Hospice will offer two bereavement support groups for adults who have experienced the death of a loved one.

Groups will meet from 10 to 11:30 a.m. for six successive Tuesdays today through Feb. 13 and from 6:30 to 8 p.m. for six successive Tuesdays from Jan. 23 to Feb. 27.

Both groups meet at St. Francis Hospice, 438 S. Emerson Ave., Greenwood.

Registration is encouraged at 865-2092.

Mini-marathon transfers available online only

Organizers of the 500 Festival are giving those interested in participating in the upcoming mini-marathon another chance to register.

The nation's largest half-marathon sold out with 35,000 entries Nov. 27. The 500 Festival is now allowing registration transfers.

The mini-marathon transfer program is available through April 14. Current registrants who are unable to participate may transfer their entry to another person. There is a \$20 administration fee associated with all transfers.

Here is how the transfer policy works:

- A registered participant wanting to transfer a registration to someone else must find someone who would like to participate who is not already registered for the mini-marathon.

- The person transferring into the mini-marathon must complete a transfer-request form available at 500festival.com. There will be a \$20 processing fee associated with the transfer request. Transfer requests will be processed only online. Only the person transferring into the mini-marathon needs to fill out the transfer request form.

Once the transfer request is confirmed by the 500 Festival, the participant transferring out of the mini-marathon will be removed from race registration, and the participant transferring into the race will be added to the field.

Information: 500festival.com

Find out what exercise suits you during class

Explore ways to keep your New Year's fitness resolutions by determining what type of exercise fits you best during a program at 10 a.m. Jan. 17 at the Franklin library, 401 State St.

Information: 738-2833

Receive free nicotine replacement after class

Stop Smoking is a free program that helps smokers break the nicotine habit.

Classes will take place from 5:30 to 7:30 p.m. Wednesday and Jan. 17, 24 and 31 at Johnson Memorial Hospital, 1125 W. Jefferson St., Franklin.

Each Johnson County resident who completes the program will receive a \$30 voucher for nicotine-replacement therapy redeemable at the Franklin Kroger.

Registration: 346-3728

Program addresses bariatric-surgery options

Bariatric-surgery information is available during free programs at 6 p.m. Wednesday and Jan. 15 at St. Francis Weight Loss Center, 700 E. Southport Road, Indianapolis.

Registration: 782-7525

