

Parenting Can Be Fattening

By Margaret O. Kirk, *Family Health Handbook*, *workingmother.com*, February/March 2008

Adults who live with children consume more fat — the equivalent of a six-inch pepperoni pizza every week — than adults who don't, says a study by the University of Iowa and the University of Michigan (January/February 2007).

What You Need To Know

The study of more than 6,600 adults found that grown-ups living with kids ate about 4.9 more grams of total fat than those without children in the home. Busy lives combined with kids' food picks (think Oreos, fish sticks and Happy Meals) can be disastrous for parents' waistlines.

What You Can Do

Be conscious of how many nights a week you toss in a frozen pizza because homework and laundry are calling, says Dr. Lamont. And remember, fast food doesn't have to be junk food. There are lots of healthy options on a takeout menu and in the frozen food aisle. Choose salads, grilled fish or chicken over hamburgers; have your baked potato plain, not drenched in butter and sour cream; pick low-fat cheese and whole-wheat crust for pizza, and load it up with vegetables. Also, don't feel compelled to finish the food on your child's plate just because it's there.

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