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SARAH JESSICA PARKER

ON HOW SHE DOES IT:
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parenting

How She Does It

With decades of superstardom under her belt thanks to a string of movies, a certain TV series, and killer fashion sense, A-lister and mom-of-three **Sarah Jessica Parker** is a pro at life in the fast lane. She brings this firsthand experience to her new romantic comedy, *I Don't Know How She Does It*. WebMD contributing writer **Gina Shaw** talks to Parker about how the actor really does do it: balance home, career, and her longtime work as a UNICEF ambassador to improve kids' lives across the globe. **PLUS:** 4 ways you can help Sarah Jessica Parker help children.



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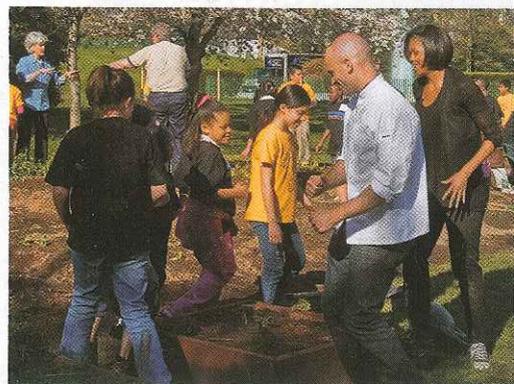
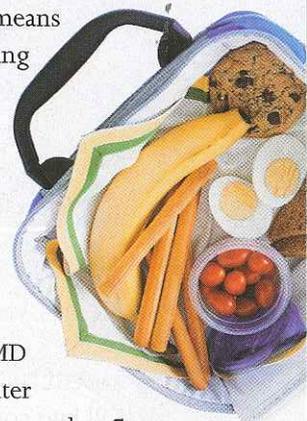
ON THIS PAGE, FROM LEFT, COURTESY OF UNICEF; JAMES WHITE/CORBIS OUTLINE; PAULA HIBBLE/GETTY IMAGES

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nutrition

Food Smarts

Back-to-school means it's back to packing lunchboxes, parents! Looking for new sandwich ideas and ways to sneak nutrition into the menu? WebMD contributing writer **Erin O'Donnell** turned to **Sam Kass**, White House assistant chef



and senior policy advisor for healthy food initiatives, for kid-friendly healthy eating tips and a week's worth of school lunch ideas. **AND:** Not sure what to offer kids when they get home each afternoon? We asked our nutrition expert for a shopping list of healthy snack ideas.

FOOD

SMARTS

Ace back-to-school with **healthy lunchbox tips** from White House chef Sam Kass

By Erin O'Donnell, WebMD Contributing Writer

BACK-TO-SCHOOL TIME is all about fresh starts: new notebooks, bright-white kicks, and high hopes for the year ahead. It's also the perfect time for new habits, like healthier meals for everyone in the family, especially your kids. The benefits are well-known: Research shows that children who eat well perform better in school than kids with poor diets.

But how do you make healthy eating a habit in your household? During the school year, it's hard enough for busy families to find the time and energy to prepare any meal, let alone a nutritious one. And so many kids are picky, preferring French fries over fresh vegetables and hot dogs instead of hummus.



Reviewed by
Kathleen Zelman, MPH, RD, LD
WebMD DIRECTOR OF NUTRITION



RICK LEWIS/GETTY IMAGES; JAMIE GRILL/GETTY IMAGES; FOODCOLLECTION/GETTY IMAGES

FOOD

SMARTS

Ace back-to-school with **healthy lunchbox tips** from White House chef Sam Kass

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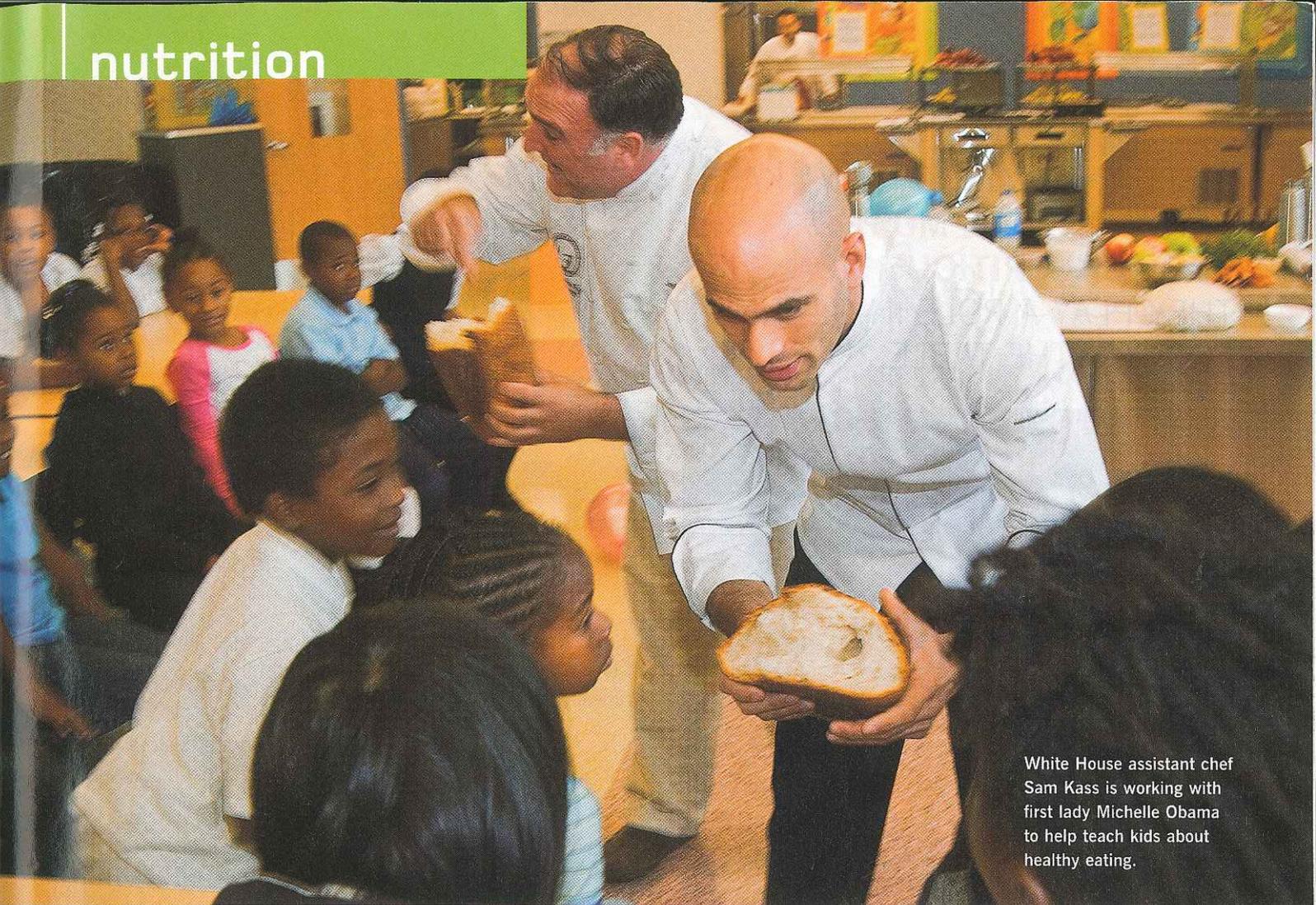
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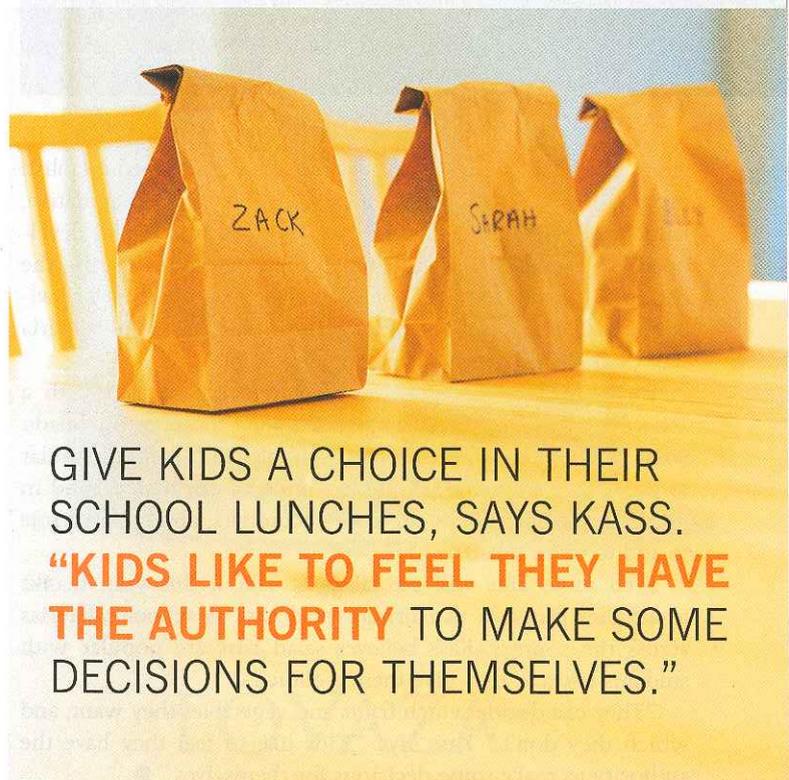
White House assistant chef Sam Kass is working with first lady Michelle Obama to help teach kids about healthy eating.

We turned to the White House's assistant chef and senior policy advisor for healthy food initiatives, Sam Kass, who is passionate about teaching kids and their families to enjoy simple, healthy food. Kass helps us kick off the school year by suggesting fun, wholesome lunches to tuck in your child's backpack (see our week's worth of choices on the next page) and sharing what he's learned about inspiring Americans to make good food choices.

Kass, 31, is helping first lady Michelle Obama plant the first major vegetable garden at the White House since Eleanor Roosevelt's victory garden during World War II, and children were in on the project from the start. Now, kids from local schools visit several times a year to plant veggies, pull weeds, and harvest the bounty—and this process has convinced Kass that kids really can learn to love good food.

Kass recalls a group of students dropped by recently to pick and prepare vegetables. When the kids sat down to snack on platters of raw veggies, he noticed one student had heaped most of the cauliflower onto her plate, and was chowing down with gusto. Chuckling, he says he actually had to ask her to put some cauliflower back so there'd be enough to share. "She had never seen or tasted it before," Kass says, "but she was excited about it because she had participated in planting and harvesting it, and so her mind was more open to trying it.

"I see this constantly," Kass says: Kids are most excited about nutritious meals if they play a role in getting food to the table.



GIVE KIDS A CHOICE IN THEIR SCHOOL LUNCHES, SAYS KASS. **"KIDS LIKE TO FEEL THEY HAVE THE AUTHORITY TO MAKE SOME DECISIONS FOR THEMSELVES."**

TOP: BOB NICHOLS; JASON MOLYNEUX/MASTERFILE

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Chef Sam Kass and first lady Michelle Obama with kids in the White House garden.

Of course, it also helps their appeal if healthy foods taste delicious, especially at school. To that end, Kass has helped establish programs to make cafeteria food taste better. One initiative, launched through the Let’s Move program (letsmove.gov) developed by Michelle Obama, pairs professional chefs across the nation with their local schools. The pro cooks use their knowledge about making food look and taste good to help cafeteria staff plan healthy meals kids are likely to enjoy.

For example, Kass says, one chef recently worked with a school to whip up kid-friendly dressings to serve on salads. Some chefs are also helping their schools plant gardens similar to the one at the White House, so students can have a hand in growing the tender lettuces, cool cucumbers, and crisp carrots to add to those salads.

Even more kids will eat salads at school this year, thanks to another program that brings salad bars to school cafeterias across the country. Kass believes salad bars are popular with students because they give them a choice.

“They can decide which fruits and vegetables they want, and which they don’t,” Kass says. “Kids like to feel they have the authority to make some decisions for themselves.” ■

LUNCHBOX MAKEOVER

Kass’ top 5 healthy school meal ideas

White House assistant chef Sam Kass created this lineup of nutritious lunches to send to school with your kids. Each is a mix of flavors, textures, and nutrients, and a few even include cookies! (Just make sure they are a healthy choice with whole grains, if possible, minimal sugar, and no trans fats.) These lunches also need a beverage—your child can get a carton of low-fat milk at school to pair with each weekday meal.

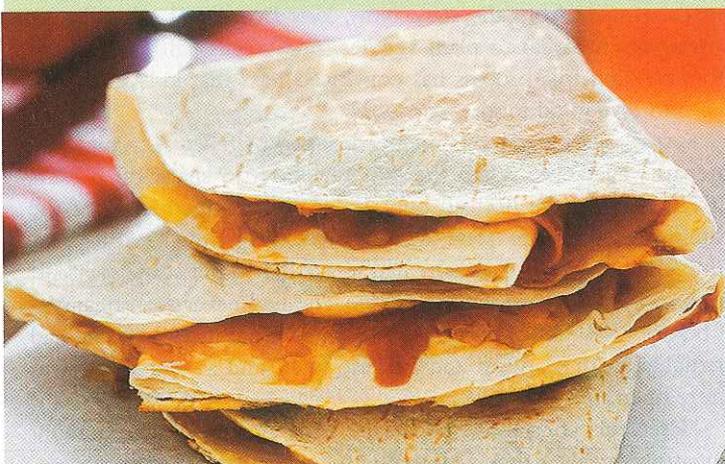
MONDAY ▶ Turkey wrap made with lettuce and a slice of cheddar cheese on a whole-wheat tortilla, baby carrots, grapes, and two small oatmeal cookies

TUESDAY ▶ Whole-wheat pasta tossed with pesto and chopped cooked spinach, applesauce, and two whole-grain crackers

WEDNESDAY ▶ Sliced chicken on whole-wheat bread spread with hummus, small low-sugar yogurt, baby carrots, and two fig bars

THURSDAY ▶ Tiny “sandwiches” made with a dollop of tuna salad between two cucumber slices (kids can assemble them at lunch), a quartered orange, two celery sticks filled with peanut butter, and two whole-grain crackers

FRIDAY ▶ Cheese quesadilla made with a whole-wheat or veggie tortilla, diced tomatoes, red pepper or your child’s favorite vegetable, an apple, a banana, and two small chocolate chip cookies



FROM LEFT: BOB NICHOLS; TANYA ZONEV/STOCKFOOD



PATIENT INFORMATION
LOVAZA® (lō-vā-zā)
(omega-3-acid ethyl
esters) Capsules

LOVAZA®
omega-3-acid ethyl esters

Read the Patient Information that comes with LOVAZA before you start taking it, and each time you get a refill. There may be new information. This leaflet summarizes the most important information about LOVAZA and does not take the place of talking with your doctor about your condition or treatment.

For more information, visit LOVAZA.com or call 1-877-LOVAZA1

What is LOVAZA?

LOVAZA is a prescription medicine, called a lipid-regulating medicine, for adults. LOVAZA is made of omega-3 fatty acids from oils of fish, such as salmon and mackerel. Omega-3 fatty acids are substances that your body needs but cannot produce itself.

LOVAZA is used along with a low-fat and low-cholesterol diet to lower very high triglycerides (fats) in your blood. Before taking LOVAZA, talk to your healthcare provider about how you can lower high blood fats by:

- losing weight, if you are overweight
- increasing physical exercise
- lowering alcohol use
- treating diseases such as diabetes and low thyroid (hypothyroidism)
- adjusting the dose or changing other medicines that raise triglyceride levels such as certain blood pressure medicines and estrogens

Treatment with LOVAZA has not been shown to prevent heart attacks or strokes.

LOVAZA has not been studied in children under the age of 18 years.

Who should NOT take LOVAZA?

Do not take LOVAZA if you:

- are allergic to LOVAZA or any of its ingredients.

What should I tell my doctor before taking LOVAZA?

Tell your doctor about all of your medical conditions, including if you:

- drink more than 2 glasses of alcohol daily.
- have diabetes.
- have a thyroid problem called hypothyroidism.
- have a liver problem.
- have a pancreas problem.
- are allergic to fish and/or shellfish. LOVAZA may not be right for you.
- are pregnant, or planning to become pregnant. It is not known if LOVAZA can harm your unborn baby.
- are breastfeeding. It is not known if LOVAZA passes into your milk and if it can harm your baby.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicine, vitamins, and herbal supplements. LOVAZA and certain other medicines can interact. Especially tell your doctor if you take medicines that affect clotting such as anticoagulants or blood thinners. Examples of these medicines include aspirin, nonsteroidal anti-inflammatory agents (NSAIDs), warfarin, coumarin, and clopidogrel (PLAVIX®).

How should I take LOVAZA?

- Take LOVAZA exactly as prescribed. Do not change your dose or stop LOVAZA without talking to your doctor.
- Your doctor should start you on a low-fat and low-cholesterol diet before giving you LOVAZA. Stay on this low-fat and low-cholesterol diet while taking LOVAZA.
- Your doctor should do blood tests to check your triglyceride and cholesterol levels during treatment with LOVAZA.
- If you have liver disease, your doctor should do blood tests to check your liver function during treatment with LOVAZA.

What are the possible side effects of LOVAZA?

The most common side effects with LOVAZA are burping, upset stomach and a change in your sense of taste.

LOVAZA may affect certain blood tests. It may change:

- one of the tests to check liver function (ALT)
- one of the tests to measure cholesterol levels (LDL-C)

Talk to your doctor if you have side effects that bother you or that will not go away.

These are not all the side effects with LOVAZA. For more information, ask your doctor or pharmacist.

What are the ingredients in LOVAZA?

Active Ingredient:

Omega-3-acid ethyl esters

Inactive Ingredients: Gelatin, glycerol, purified water, alpha-tocopherol (in soybean oil)

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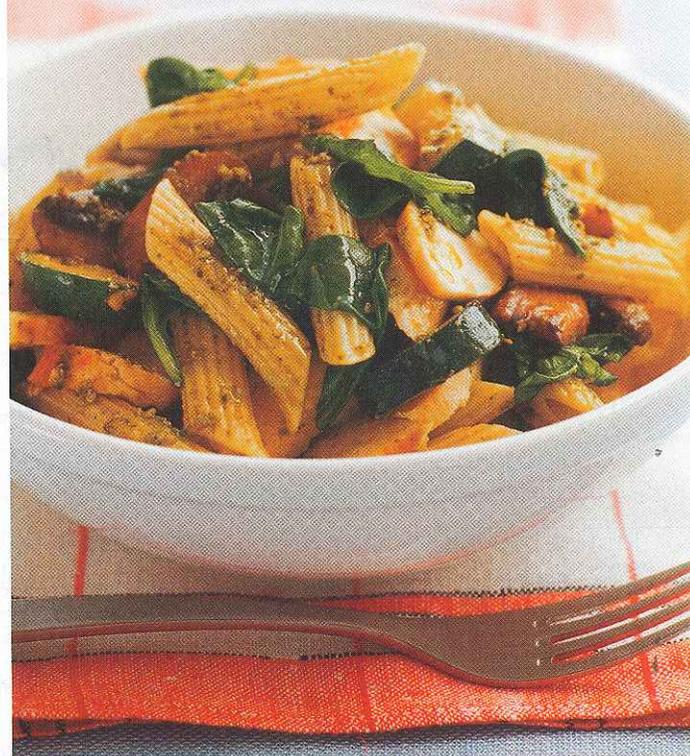
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NO KIDDING

You really *can* get children to eat healthy

White House chef Sam Kass has learned a thing or two about getting kids interested in nutritious fare. The main idea, he says, is to actively engage them in any stage of meal planning and preparation.

Here are a few of Kass' top tips.

Freedom of choice. During your next grocery run, ask your child to select her three favorite veggies to include in family meals. Kids are more likely to eat foods they've chosen themselves.

Seed for change. Help your child plant and tend a windowsill herb garden, Kass suggests. It's a simple way she can help feed the family. Be sure to compliment any dish that includes herbs she harvests.

Farm stand. Visit a farm or orchard with your child to see where food is grown and maybe meet the grower. Knowing where an apple or ear of corn comes from can make it taste even better.

Chop, chop. Kass recommends you invite your child to chop and stir ingredients while you make meals.

Heroic effort. Talk with kids about professional athletes or movie stars they admire, and point out that to succeed, "those people really take good care of themselves" by eating healthy diets, Kass says.