

Teens from page B1

as active as possible with regular physical activity. Staying active can be fun for the whole family. Play a game of catch, go for a walk or have a snowball fight in your backyard.

"In the winter it can become tough to keep them moving, but with my kids, I would rather they make a fort out of the couch cushions than sit and watch the television all day," said Margaret Stewart of Royal Oak.

A good idea for healthy dinners is choosing the freshest ingredients, and trying different varieties of fruits and vegetables. Dinners can be made to look and taste better by simple tasks such as these.

While parents must be an example of healthy eating behaviors, teenagers need to take the initiative to learn about the foods they eat, how they can affect their growth and future health. Ultimately, they are responsible for what they eat as

well as their level of physical activity. They can act as good role models and make decisions to improve their health.

Adolescents must get into a routine of eating breakfast every morning, making sure to eat other meals at regular times during the day.

They also need to allow themselves enough time to eat. It takes time to feel full. Eating on the run can lead to overeating. Eating in front of the television can lead to mindless eating and overeating.

Make sure to limit soda consumption. Soda is void of nutrients and tends to serve as a replacement for such healthy beverages as juice and milk.

Adolescents should get into the habit now of reading food labels and noting what is listed as a "serving." If the food has more than 8 percent of the Daily Value for fat, or if sugar is one of the first two ingredients, this

food is probably a low nutrient food and should be eaten in limited amounts.

Try to pick and choose calories by the company they keep. For example, nuts are high in calories and fat but contain important nutrients. Potato chips are also high in calories and fat, as well as sodium. No nutrients there!

Help adolescents think of themselves as worthwhile people who can use their body as an asset to enjoy their freedom, to experience new things, and to live life to the fullest.

Peggy Martinelli-Everis, R.D., a Clarkston resident, is a registered dietitian and director of clinical operations for HDS Services, a 36-year-old Farmington Hills-based food service and hospitality management and consulting company, specializing in food and nutrition service management for hospitals, long-term care facilities, businesses, private

clubs and private schools. HDS Services has approximately 250 management accounts throughout the United States.

Recipes courtesy of HDS Services

CEREAL PUFFS

Mini Marshmallows 2 cups
Instant Breakfast, chocolate, one-third cup powder
Rice or Wheat Puffs Cereal 4 cups
Put marshmallows and instant breakfast into a large, microwavable bowl. Microwave on high for about one minute. The marshmallows will puff up. Add cereal and mix until cereal and marshmallow/instant breakfast mixture all sticks together. Form into balls, about the size of a

golf ball. Makes approximately 25 puffs.

Nutrients per serving: Calories 24, Protein - 0.6 g, Fat - 0.5 g, Carbohydrates - 5.5 g, Sodium - 5 mg

GREEK TURKEY PITA WRAP

Pita Bread 6 each
Turkey, cooked, sliced 1 pound, 4 ounces
Feta Cheese, crumbled 3 ounces
Tomato, chopped 4 ounces
Onion, chopped fine 3 ounces
Cucumber, peeled, chopped 3 tablespoons
Red Wine Vinegar 3 tablespoons
Oregano 1 and one-half teaspoon

In a large bowl, combine tomato, onion, cucumber, red wine vinegar and oregano; mix to blend. Place in refrigerator to marinate for 15-20 minutes. Heat each pita on a hot grill or fry pan until soft and hot, about 30 seconds on each side. Place warmed pita bread on a plate and layer 3 oz of sliced turkey on top. Portion about one-fourth cup (drained) of the marinated vegetables on top. Sprinkle one-half ounce feta cheese crumbles on top. Roll sides of pita and secure with a toothpick. Serves six.

Nutrients per serving: Calories 306, Protein - 25 g, Fat - 11 g, Carbohydrates - 27 g, Sodium - 869 mg

Drinks from page B1

yogurt, banana, strawberries and apple juice and blend. Serve chilled.

BANANA BLOWOUT

6 scoops French Vanilla Ice cream
1 tablespoon chocolate flavored syrup
1 banana, peeled
1/2 teaspoon almond extract
whipped cream
silvered almonds
chocolate shavings

In blender, combine ice cream, chocolate syrup, banana and almond extract. Blend until smooth. Pour mixture into small glasses. Top each glass with a dollop of whipped cream and garnish with almonds and chocolate shavings.

www.billybear4kids.com

SILLY PUTTY SPICED LONG ISLAND ICE TEA

1/2 c fresh lemon juice
1/2 c orange juice

1/2 c pineapple juice
14 cinnamon
pinch of cloves
4 tsp instant tea
1/2 c sugar
2 cups ice
1 can Vernal's ginger ale

Mix all ingredients except Vernal's in a blender. Add Vernal's and stir. Garnish with orange slice. Serves four.

By Bob Royce, AAA recipe submission.

ANNE OF GREEN GABLES SIPPER

1 green apple, cubed
1 cup cubed honeydew melon
1 cup green grapes
1/2 cup pineapple concentrate
2 peeled and sliced kiwis
1 cup crushed ice

Combine all in blender, holding out some kiwi. Cover and process until smooth. Serve in tall glasses and garnish with kiwi. Serves four.

By Robyn Emde, AAA recipe submission

FROTHY PATRIOTIC PUNCH

1 cup non-dairy or dairy whipping cream
2 1/2 c. frozen blueberries
3 freshly squeezed lemons or 1/2 can frozen lemonade prepared
1 quart strawberries
Sugar to taste

Mix whipping cream, blueberries, lemon juice, and half the strawberries and sugar in a blender. Pour drinks into glass and top with a dollop of whip cream and remaining strawberries to make give it the red-white-and-blue colorings. For a carbonated version, add one cup 7-Up.

* Source: MADD



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Wines from page B1

10,000 to 250,000 cases.

In 1990, Jean-Pierre decided to make a Cotes-du-Rhone called La Vieille Ferme Reserve. He learned, however, that consumers confused the wines of La Vieille Ferme red and white with La Vieille Ferme Reserve, so in 1995, he changed the name of La Vieille Ferme Reserve to Perrin Reserve. "At the same time, we changed our philosophy for these wines,"

Pierre noted. "We decided to purchase more grapes rather than wine, and complete the vinification ourselves. We built a new winery to do exactly that for La Vieille Ferme. Currently, we are purchasing 60 percent of the grapes and 40 percent wines, but we will gradually move to 100 percent vinification from fresh fruit."

Unlike most others, the Perrin family started from the peak of

the pyramid with Chateau de Beaucastel. Over the past two decades, they developed the pyramid base so that consumers can also enjoy a good bottle of wine for a reasonable price.

The Healds are Troy residents who write about wine, spirits, food, and dining for the Observer & Eccentric Newspapers. To leave them a voice mail message, dial (734) 953-2047, mailbox 1864#.



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