

# Healthy Katy Families



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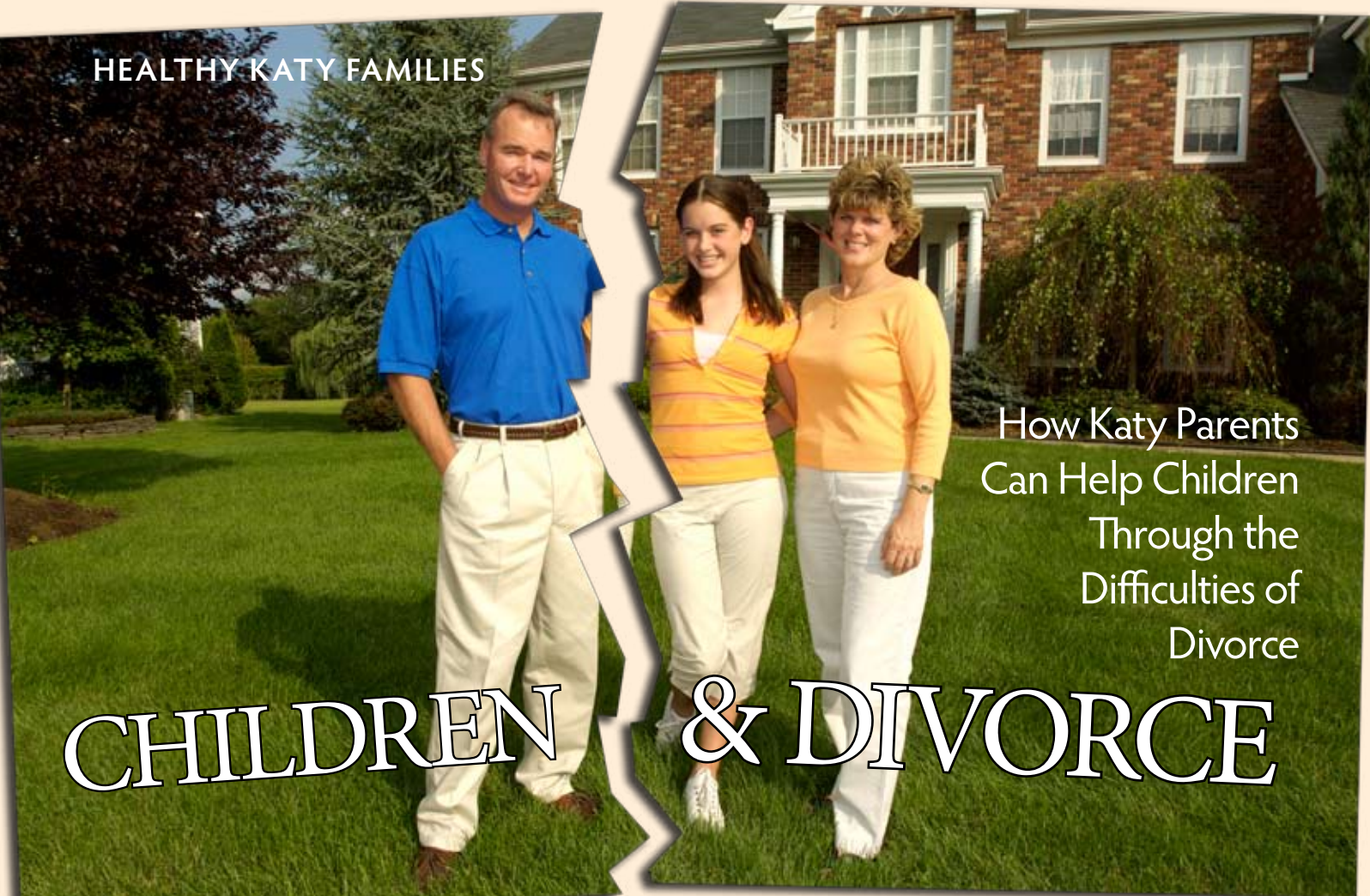
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How Katy Parents  
Can Help Children  
Through the  
Difficulties of  
Divorce

# CHILDREN & DIVORCE

WRITTEN BY JENNIFER COUNTER AND KATRINA KATSARELIS  
PHOTOGRAPHY BY SUZI ISSA

With half of all marriages ending in divorce, thousands of Katy area children will be impacted by divorce at some point in their lives. Experts agree it is one of the most defining moments of a child's life. If the divorce is handled incorrectly, a child may be harmed emotionally. But if both parents agree to put the child's needs first and provide adequate support systems, it's very possible for a child to 'thrive' not just 'survive' after a divorce.

## Overcoming Grief and Sadness

During this difficult period, parents are often so immersed in their own pain they may not notice the difficulties a child is going through. Often children of divorcing parents may feel intense anger or will withdraw from their parents, closing the door to communication altogether. According to divorce experts, children need people who they can talk to (other than their parents) where they can comfortably express their pain and negative emotions. This person can be a therapist, school counselor, relative, family friend, teacher, or pastor.

## Somebody to Talk To

"For the children, we use Divorce Recovery 4 Kids, which is a tremendous resource that allows the children to deal with the same issues their parents may be feeling, but in an age-appropriate manner; feelings such as hurt, anger, fear and abandonment," says



The Great Staff at  
Heritage Behavioral  
Health Consultants,  
Inc presents  
programs for those  
going through a  
divorce

Brad Goad, Pastor to Single Parents at Second Baptist Church. Most importantly, this is a place where hope eventually breaks through too." Goad says their program helps kids understand the divorce is not their fault and that they are not alone. "Divorce obviously hits people from all backgrounds," says Brad.

"This program is an overview of the grief process and the recovery steps associated with healing from a divorce; including setting boundaries, acceptance, forgiveness and moving on," says Julie Summers Frisbie, M.A.L.P.C., of Heritage Behavioral Health Consultants, Inc. Frisbie serves as the facilitator of Divorce Recovery 4 Kids program and developed the curriculum in collaboration with Second Baptist Church to meet the needs of divorcing families in the Katy area.

## Life After Divorce

Frisbie is passionate about this program and her role as counselor. "My goal as a facilitator is to meet people where they are and to reassure them that they can heal from a divorce," she says. "Divorce is difficult -- it's not something that anyone plans on, but, there is life after divorce and it is my goal to instill hope to those who are hurting."

For more information about Second Baptist Church's Divorce Recovery 4 Kids program, visit [secondbaptist.org](http://secondbaptist.org) or contact Julie Summers Frisbie at 713-365-9015.

For the past 10 years, Divorce Coach and Parent Educator Christina McGhee has helped Katy families thrive (not just survive) after divorce. McGhee says communication is vital during a divorce. "It's so important for parents and children to not be their only support systems for one another-- it takes the support of oth-

Second Baptist Church in Katy offers Rebuilders program helping families going through divorce. They also offer "Divorce Recovery 4 Kids" - a program that helps kids to deal with their feelings on an age appropriate level.



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The Staff at Angel House in Katy offers supervised visitation, parenting classes, family mediation, parent and child programs and divorce coaching.

ers in their community and family circles to help them through this transition,” McGhee explains.

### Working Together as Parents

For many newly separated couples, one of the biggest challenges is finding a way to successfully parent the child as two separate beings in two households. “How mom and dad relate to each other is really what is most important to kids,” says McGhee. “This is the one thing that affects kids the most. If parents can manage their emotions and minimize conflict, the rewards for the kids are tremendous.” McGhee emphasizes the need for peace in the lives of all children. “The goal is to find a way to continue parenting with this person, who you no longer felt you could stay married to. It is not easy but it is possible,” she acknowledges. Christina McGhee can be reached at 979-865-4287 or at [divorceandchildren.com](http://divorceandchildren.com).

### Finding Hope and Healing

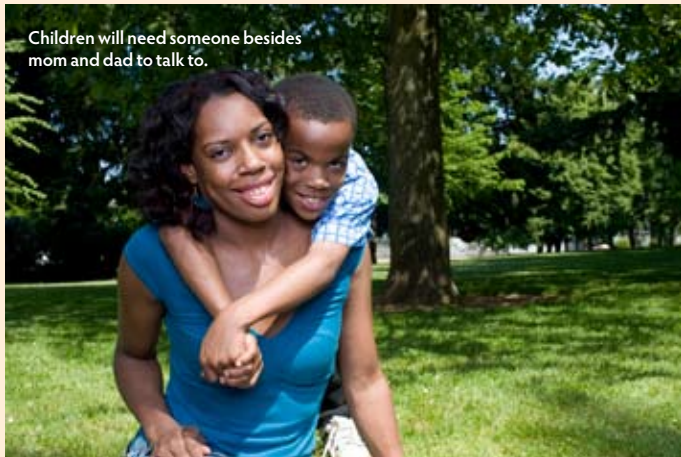
Divorce doesn’t have to be the end of the road—it can be a new beginning. It isn’t easy for parents or children, and often it’s not what anyone would have chosen, but there are healthy ways to cope. Anaicka Ortiz is a local attorney who founded Angel House, a Katy organization that offers parenting classes, neutral exchange facili-

“If parents can manage their emotions and minimize conflict, the rewards for the kids are tremendous.”

DIVORCE COACH AND PARENT EDUCATOR  
CHRISTINA MCGHEE



The group of Heritage Behavioral Health Consultants, Inc help families to rebuild after a divorce.



Children will need someone besides mom and dad to talk to.

ties, family mediation, supervised visitation, and divorce coaching. “Children First, Children Safe, Families Together-- that is our motto,” says Ortiz. According to Ortiz, the center encourages and promotes healthy relationships between children and families. Angel House has been providing services to the Katy area for the past four years, with 7-8 trained staff monitors working on site daily. To contact Angel House, call 281-392-5525. ★

*Jennifer Counter, is a freelance writer. She is a single mom who lives in Katy, with her daughter, Lauren Aleena.*

*Katrina Katsarelis is editor of Katy Magazine. She is a child of divorce and has been married to her husband Matt for 18 years. They have two teenage children and live in Katy.*

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Julie Summers Frisbie and Jerry Duncan present the “Rebuilders” program at Second Baptist Church in Katy.

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Julie Sommers Frisbie M.A., L.P.C. creator of the Rebuilders Program offered at Second Baptist and author of the new book, "Divorce Recovery - Rebuilding Your Life From The Inside Out".

## The Do's and Don'ts of Divorce

Here are a few suggestions from local Katy counselors, Christina McGhee and Julie Summers Frisbie about how Katy parents can help children cope with a divorce.

### DO'S

Make plans to talk with your child before any changes in the living arrangements occur.

Break the news to your child together if at all possible.

Frequently remind your child how much you both love him.

Be respectful of your spouse when telling the child the reasons for the separation.

Tell your child that the marriage problems are not his fault and that as a child he is not responsible for fixing them.

Be emotionally available to comfort your child.

Get counseling or find a support group for your child and yourself.

Let the school counselor know what your child is going through.

Minimize other life changes. Try to keep the child in the same school and home if possible, as well as the same afternoon and evening activities.

Be aware of your surroundings when speaking to others about the divorce -- your child is probably listening.

### DON'TS

Don't use the child as your messenger, as in "Tell your father he's late with the child support payment."

Don't deny visitation. Children need quality time with both parents and it only hurts the child to restrict access to one parent.

Never ever speak negatively about the other parent.



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# Fit Katy Couples

WRITTEN BY JASON HODGE

Staying in shape takes personal ambition plus—as Katy couples are discovering—teamwork. If you are married, the concept of teamwork is probably a familiar one. You support your spouse, and he or she supports you. Together, you form an unbeatable duo. The same applies to staying fit; it's a team effort. As research shows, teaming up with your spouse increases the chances of you achieving your fitness goals. And, as an added benefit, it provides opportunity to grow closer to one another.

Erica and Joe Watson  
regularly ride bikes together

## Motivating Each Other

Everyone has days when exercising is the last thing on their mind. There are always important things to be done, deadlines to meet, and time always seems to run out. Spouses should be supportive of one another being physically active. You should encourage your spouse when they're lacking motivation. If things are hectic and time is an issue, help each other free up the scheduled activities for the day, and go exercise together. Help your spouse in every way possible, so that he or she can succeed at getting in shape. And, more importantly, don't discourage your spouse from being physically active. Doing so could eventually lead them to stop taking care of their health altogether. Don't discount the importance of your role in your spouse's health; it could be the very thing that helps them stick to working out on a more consistent basis.

## Favorite Activities for Couples

You may be wondering what types of activities Katy couples enjoy doing together. With endless sidewalks and various trails and parks, walking is one of the most popular activities you find couples doing together. But you don't have to feel limited to walking. There are many other activities that you can do around the Katy area. Benny and Robin Sorgie have been working out together for over five years, and they are still discovering new activities they can do as a couple. "We share a lot of interests. We bicycle outside, weight train, do aerobics (treadmill, elliptical machine), and now we are going to try swimming for a little variety," states Benny. If you prefer activities that you finish by either winning or losing, there are a number of competitive sports you might find interesting. Golf is a great competitive sport to play together because the

course distance and final score can be adjusted based on different players' abilities. Tennis is another excellent sport for couples. With tennis you can play doubles together against another Katy couple. It gives you a chance to participate in a sport together, work as a team, and socialize with other couples in the area. When you participate in activities together, you will be pleased to find how much more fun you can have when you have your spouse by your side.

## A Healthier Relationship

With the hectic lifestyles for Katy families, taking the time to exercise together can make a lasting impact. Katy residents, Rudy and Sandy Cadena, recently began walking together for exercise. "Communication is more open when you exercise together. You get to talk about things and build each other up," says Sandy. The Cadenas now walk once or even twice a day, and during that time, their focus is talking to one another. Taking the time to exercise together improves their relationship. "It creates a deeper bond between us, and gives us more time to communicate," Rudy adds. It's easy to be distracted with televisions, computers, work, and everyday tasks. Combining two important tasks, exercising and conversing, can improve your health and relationships.



Henry and Mekinla enjoy a run together in Nottingham Country Park



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Jeffrey Fey, DDS





Jim and Janet Clark of Katy

“Enlisting the help of someone else will enable you to make it through the hard times...”

### Reaching Your Goals Together

You may have tried and failed at achieving your fitness goals in the past, but I’m hoping you will find the idea of teaming up with someone else, new and refreshing. It can be discouraging for anyone who tries to achieve their fitness goals, but instead finds failure. Accountability and motivation are the top reasons that people hire personal trainers. It can be difficult to achieve fitness goals that you have not you have not successfully achieved in years. Enlisting the help of someone else will enable you to make it through the hard times—that you most certainly will have. With so many people striving to achieve a healthier life, it only makes sense to lean on one another for encouragement and motivation.

### Other Workout Partners

If working out with your spouse is not an option, don’t let that stop you. You can still get the same health benefits by working out with someone who is motivated to be physically active and has similar goals. By joining one of the various walking groups or running clubs in the area, you will likely find someone who can help hold you accountable to your exercise routine. There are countless people who enjoy competitive activities, and are looking for someone with whom to enjoy them. You can also team up with a neighbor, friend, teenage son or daughter, or someone else who can help motivate you.

*Jason Hodge is a 10-year veteran to personal training. He is a volunteer on the Katy Chamber of Commerce’s Health and Wellness Committee. His passion is to help the residents of Katy with their health and fitness needs.*

## Ideal Activities for Working Out Together



Walking



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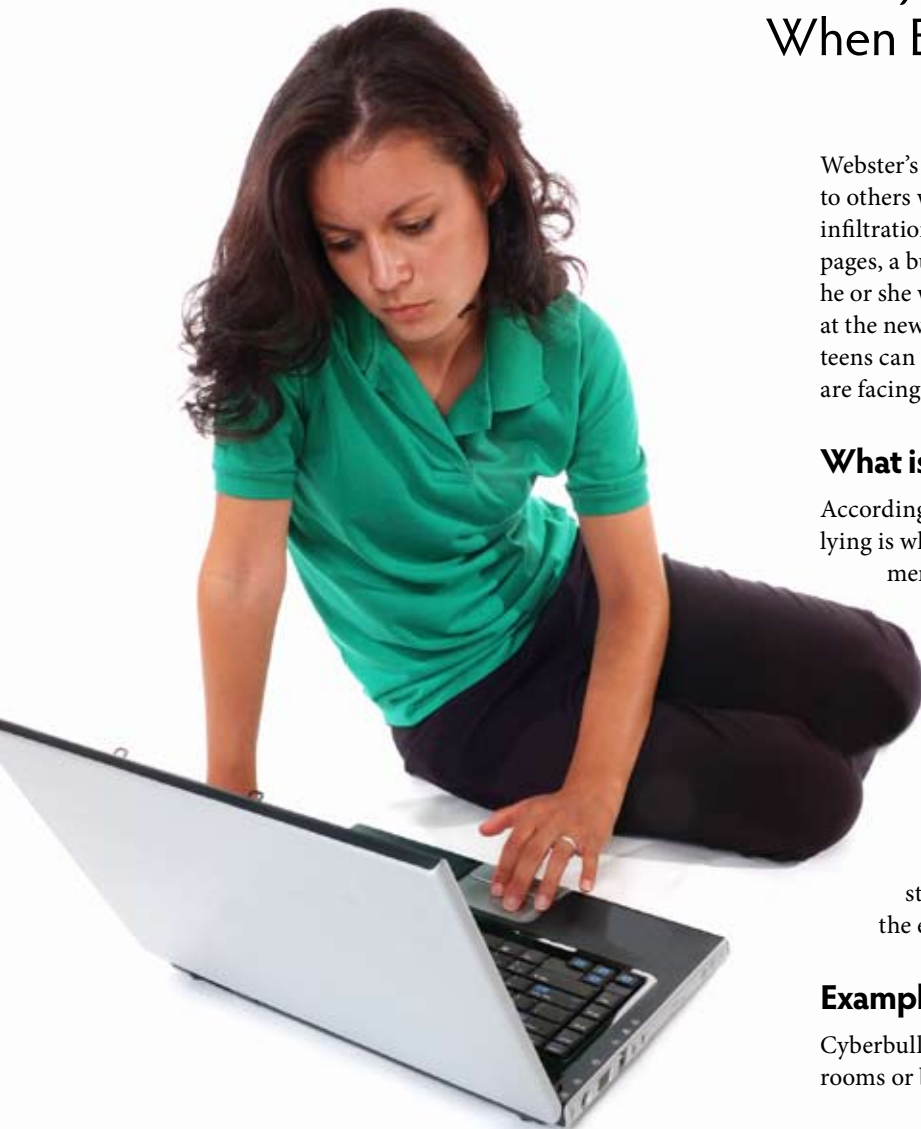
Aerobics Classes

# The New Face of Bullying

**Cyberbullying:** The use of modern communication technologies to embarrass, humiliate, threaten, or intimidate an individual.

BY JENNIFER DOLCEFINO

## What Katy Parents and Teens Can Do When Bullying Goes High Tech



Webster's Dictionary defines a bully as a person habitually cruel to others who are weaker. But nowadays, with the lightning fast infiltration of blogs, e-mail, text-messaging, and online personal pages, a bully can be anyone, anywhere, who harasses whomever he or she wants regardless of strength. Katy Magazine takes a look at the new type of bully, the Cyber Bully, and what parents and teens can do to pull the plug on this growing crisis our children are facing.

### What is Cyberbullying?

According to the National Crime Prevention Council, Cyberbullying is when one person is targeted by another by being tormented, harassed, humiliated, threatened, or embarrassed by using the internet, email, or cell phones. Often, the cyberbully will have his or her role reversed and become the victim as the cycle continues. Children have killed each other and have committed suicide after becoming the victims of cyberbullying. This is a serious issue facing our youth today that goes well beyond the school yard bully who steals lunch money. "People in high school get cyberbullied every day," says Seven Lakes High School student, Kristin Hastings. "It seems as if the internet is the easiest way to humiliate and embarrass your friends."

### Examples of Cyberbullying

Cyberbullies will utilize email, instant messaging (IM), chat rooms or bash boards, small text messages (SMS), websites, or

even online voting or polling booths. These bullies use these tools to send threats, spread rumors, or engage in harassing dialog with another individual in online chat rooms. This behavior often transcends cyberspace and ends with violence in the school or community. Cyberbullies will even set up pages under a false name and post pictures that are altered or taken without the victim's knowledge.

## Cell Phones, Text Messaging (IM), and Small Text Messaging (SMS)

Typically, the IM systems allow you to have a list of buddies that you can set up one-on-one chatting sessions with. This has become a staple of teens to keep up with their social lives. Cyberbullies can, and do, use IM's to send hateful and threatening messages to their victims. The biggest problem with these types of messaging programs is that if teens aren't careful, they can give out personal information online to people they might not know. This in turn, makes it quite easy to become a target. Cell phones with cameras are also a dangerous novelty in today's teen world. Bullies have been known to take pictures of other kids in locker rooms, bathrooms, or dressing rooms, and then post them online or send them via email or cell phones.

## Chat Rooms and Bash Boards

Chat Rooms, or bash boards, are another way that Cyberbullies can target and antagonize kids. The bash board is another name for an online bulletin board where teens can go in anonymously and post whatever they want, whether it is true or not. This creates an ideal environment for the postings to turn ugly and mean-spirited for one and all to read. "Yes, someone told my friend they looked hideous at homecoming" says SLHS student, Matt Skopak. "It crushed her. If the person doesn't have the guts to say it to your face, it can't be true."

## Websites and Blogs

Most parents of teens know about websites such as Facebook, MySpace, You Tube, and Friendster. This is one way for teens to stay connected to their friends and can be a fairly safe outlet if used correctly. Students at Seven Lakes High School were polled recently and most say that their pages are private. It is when these pages become public that it can get a little tricky with protecting kids from bullies and online predators. These sites also make it very easy for a cyberbully to make up false pages using another person's name that are intended to embarrass or humiliate them.

## Internet Polling Booths

A sort of modern day slam book, these polls sometimes ask atrocious questions like: Who's the ugliest girl in 6th grade? Who's the dorkiest boy in Junior High? And the questions get more and more shocking. This is one more way to bully someone anonymously with little if no regulation from the websites.

## Beware of Impersonators

This can be an extremely destructive way for a child to be cyberbullied because the bully can pose as another person and create websites, send images, or post provocative messages in hate groups' chat rooms which often result in attack on the victim. What makes this even more dangerous is that the bully can post personal information such as home addresses and phone numbers. These bullies often send messages to someone, posing as the victim, where they say hateful things or even make threats. A cyberbully can also sign the victim up for emailing and marketing lists, sometimes which include porn sites. When the victim's parents see this, the victim is the one that is often accused of visiting these sites.

"I think it is important that parents know how easy it is for kids today to access these message boards and stay very aware of

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## How to Protect Your Child from Cyberbullies

Awareness and education are the keys to the prevention of cyberbullying. Here are some ways to protect against cyberbullies:

- ✓ Keep computers with internet access in a common area of the home.
- ✓ Tell your teens to never give out personal information such as their name, family members' names, home address, phone numbers, passwords, school name, or school phone numbers.
- ✓ Teach kids not to believe everything that they see or read online. If something makes them feel uncomfortable reading it, they should turn it off and tell an adult.

- ✓ Use Netiquette when chatting online as to not provoke attacks from cyberbullies.
- ✓ Do not open emails from people that you do not know.
- ✓ If someone provokes you, do not respond to them. This often exasperates the situation. It is the same online as in person because cyberbullies want a response. This is what they crave so don't give it to them.

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what their kids are doing on the internet” says Mary Castellucci, with the Seven Lakes High School Peer Assistance and Leadership Program. “I do believe this type of bullying can and does lead to a more personal type of harassment if it is not watched and reported,” says Castellucci. “Many of my students say they just ignore an obscene text or bad email, but I have advised them to report these if they are too excessive.”

Cyberbullying is a very serious trend that is plaguing our teens. If you think that your child has been the victim of cyberbullying, contact your school counselor, principal, or police department for help.

*Jennifer Dolcefino was the editor of our sister publication, Sugar Land Magazine, until her recent move to Katy with her family. She is married and has two children, ages 7 and 10. She is now a writer for Katy Magazine.*

## Cyber Bullying Stats

**58%** of kids admit someone has said mean or hurtful things to them online

**53%** of kids admit having said something mean or hurtful things to another online

**42%** of kids have been bullied while online  
- According to *isafe.org*

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Cyberbullying is a growing problem for school age kids and teens



## Katy ISD's Task Force Addresses Cyber Bullying

Two very relevant threats to the safety and well-being of Katy children today include bullying and the prevalence of Internet sexual predators. These concerns identified by Katy ISD's Safe and Drug Free Schools and Communities Task Force were addressed by experts recently during events that were open to the public at the Education Support Complex. Parent and educator training is a priority for Safe and Drug Free Schools and Communities, which formed a task force inclusive of the program's designated coordinators at each school, as well as students. The task force is charged with identifying the major issues that threaten the health and well-being of Katy ISD students.

The Bullying Prevention Training Session was led by Donna Clark-Love. Internationally recognized for her expertise and training for bullying prevention, Love has been featured in People Magazine and interviewed on both NBC's Today Show and the NBC Evening News to highlight successful bullying prevention and intervention programs. Nancy Stiles, district coordinator of Katy ISD Safe and Drug Free Schools and Communities, explains that bullying exists when the aggressor is aware that his or her behaviors are disturbing to the victim and continues to direct that behavior toward them. "Bullying is one of the top priorities to be addressed so adults know how to handle bullying situations," said Stiles. "The most important variable in preventing a bullying incident is the presence of adults who will intervene."

FBI special agent Randall Clark presented training on how to address the vulnerability of children to sexual predators that use the Internet for the proliferation of child pornography and to form sexual relationships with minors. Clark works in the Innocent Images program for the FBI, which aims to reduce the vulnerability of children to such criminal acts; identify and rescue child victims; investigate and prosecute sexual predators; and strengthen the capabilities of law enforcement on all

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## Identifying Signs of Suicide

Suicide is not an easy topic to address, especially when it comes to teenagers and children. Many students in Katy ISD have been faced with this difficult subject among their friends, family, as well as in their own thoughts. To help students and families learn to deal with societal pressures that affect children and teens and the potential for teen suicide, Katy ISD's Department of Counseling and Psychological Services hosted a training class on suicide prevention at the Educational Support Center.

The class addressed the warning signs of suicide, and trained attendees in simple skills they can use to talk to people in distress and lead them to resources for professional help. The basis of the training is a nationally implemented program

called QPR – Question, Persuade, Refer. Dr. Anita Horton, instructional officer for counseling and psychological services, cites research suggesting that 66% of people who die by suicide gave definite warning signs of their suicidal intentions to family and friends. Those early warning signs make it important for others in that person's life to be aware of a potential problem and know how to respond.

## Family Friends Program Seeks New Volunteers

Family Friends matches volunteers to become a treasured friend to a family who has a Child with disabilities. The volunteer visits the child in the home once a week to play games, read a book, help with homework, do a craft, lend a friendly ear, or perhaps give mom a few minutes to take care of other household matters. For more information, please call Joanie or Carolyn at 713-466-6304 or go to [familytofamilynetwork.org](http://familytofamilynetwork.org)

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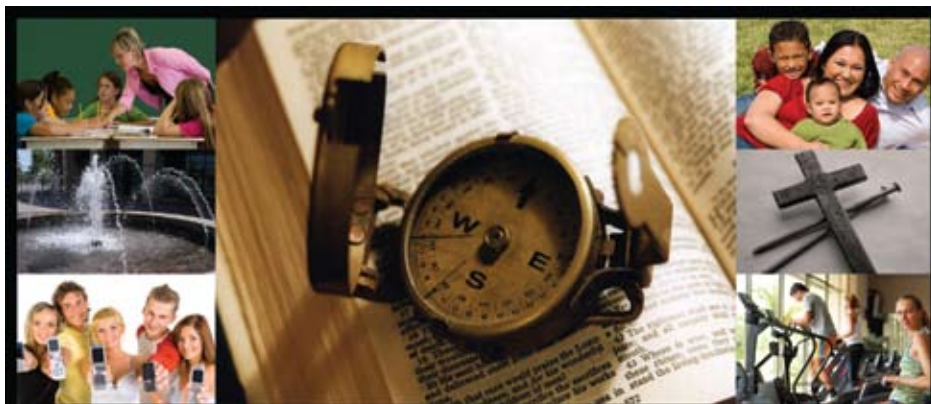
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Dr. Donaldson's special interests include sports vision training and computer vision issues. Dr. Donaldson is a graduate of the University of Maryland, and the University of Houston's College of Optometry. He is a member of the Katy Area Chamber of Commerce and the Better Business Bureau.

## PSYCHIATRIST



**Rafael Guerrero M.D.**  
**Adult, Child and Adolescent Psychiatrist**  
Diplomate of the American Board of Psychiatry and Neurology  
*Psychiatric Consultants of Houston*  
1830 Snake River Road  
Suite E  
Katy, Texas 77449  
281-398-9800

### Dr. Guerrero specializes in the following areas:

- Mental Health for the Entire Family: Children, Teens, & Adults
- Attention Deficit Disorders
- Mood Disorders: Depression/Bipolar Disorders
- Anxiety Disorders: Panic Disorder/ OCD/ Phobias
- Developmental Disabilities, Autism, Mental Retardation & PDD
- School Evaluations

### About Dr. Guerrero:

Dr. Rafael Guerrero is a Child & Adolescent and Board Certified Adult Psychiatrist who has been in practice for 14 years. He is a graduate of The University of Texas Medical School in Adult, Child & Adolescent Psychiatry. Dr. Guerrero also completed an additional Fellowship in Mental Retardation and Developmental Disabilities. He is committed to providing caring, attentive, and compassionate mental health services to families in Katy and West Houston.

**Call (281) 398-9800 for an appointment.**

## LENDING



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## PEDIATRICIAN



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*Board Certified Pediatrician*  
*Westside Pediatrics*

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281-578-5788  
www.drkisch.com

Dr. Kisch would like to welcome you to Westside Pediatrics for your pediatric and adolescent care needs. Her brand new office is located next to St. Catherine Hospital in Medical Plaza II, easily accessible from both Kingsland Blvd. and Britannia Drive.

Dr. Kisch is a Board Certified Pediatrician with many years of West Houston experience. Whether your child is one of her established patients from West Houston, Sugar Land, Richmond, Cinco Ranch, and The Woodlands, or if you are expecting, new to the area, or just looking for a reliable Pediatrician, at Westside Pediatrics you will find that PCP stands not only for "primary care physician" but also for the "personalized, caring professional" service that you deserve.

For a sick or well child appointment, please call 281-578-5788.

## FAMILY PHYSICIAN



**Prasuna Sajja, M.D.**  
*Board Certified in Family Practice*  
Christus St. Catherine Medical Plaza II  
707, S. Fry Road, Suite 394  
Katy, TX 77450  
(281) 647-WELL (9355)

Dr. Sajja is a board certified family physician. She received her training at Christus St. Joseph's Hospital, Downtown Houston. She is committed to providing high-quality care to Katy's diverse group of patients.

Dr. Sajja offers family practice services to patients of all ages including physicals, immunizations, pap smears, sick visits and chronic disease management such as diabetes, high blood pressure, and cholesterol.

Her special interests include medical weight management. Obesity is a chronic disease and needs comprehensive approach for better and sustained results. There is no one solution that will address everyone's weight issues. Taking in to account the individual's health status and metabolism, Dr. Sajja designs a customized program along with nutritional counseling for successful and sustained weight loss. Call for a free phone consultation with Dr. Sajja, if you have any questions.

Your friendly neighborhood family doctor is just a phone call away. For your convenience we also offer Extended and Saturday office hours. All major insurances including Medicare / Medicaid and self-pay accepted.

## PSYCHOLOGIST



**Roxanne Schreiber, Ph.D.**  
*Licensed Psychologist*  
16000 Barkers Point  
Lane #228  
Houston, Texas 77079  
281-531-8766

### www.empowermenttherapist.com

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- Communication seminars for adolescent daughters/mothers
- Communication seminars for couples
- Depression/anxiety
- Stress/time management
- Coping and adjustment
- Attention Deficit Disorders (adults and children)
- Social skills training groups
- Parenting groups

As a way of introducing herself to the community, Dr. Schreiber is available to do free seminars on psychological issues for support groups, networking groups and/or community organizations.

Dr. Schreiber's mission is to leave each client empowered, honored, and supported in accessing their full potential. Her work focuses on people tapping into their full potential by understanding the power of their brain.





Finley and Tate enjoy some healthy food with their family at Jason's Deli

## Life In The Fast (Not Fat) Lane

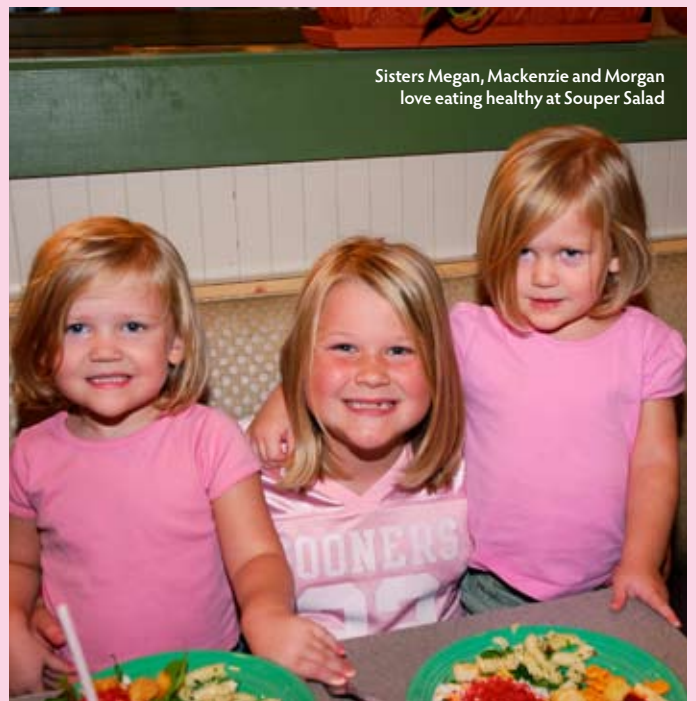
WRITTEN BY PEGGY LOCH  
PHOTOGRAPHY BY SUZI ISSA

It's almost 6 o'clock and time for practice. The kids are hungry and you're stuck at a traffic light on Westheimer Parkway behind a line of other minivans also trying to get to practice. Each fast food restaurant along the way looks more and more inviting as your stomach growls louder with each passing minute. Sound familiar? Whether you're driving to soccer, band, basketball, gymnastics, dance or Taekwondo, chances are you and your children may find yourselves on the road instead of around your dinner table when hunger strikes.

What's the solution to getting good nutrition and still getting to the practice field or ball game on time? Here are a few tips to get you on your way.

### Plan Ahead

Get to know the nutrition information for your family's favorite fast food restaurants and meals in Katy. Most restaurant chains post this on their websites so you can research ahead of time what choices are best for you. Check your child's order for fat and see if there are other low fat alternatives. (See sidebar)



Sisters Megan, Mackenzie and Morgan love eating healthy at Souper Salad



Micah studies the veggie options

### Order Smart

Most fast food restaurants are offering healthier options today than they used to, so take advantage of what's available and don't be afraid to special order removing sauces and cheeses. The fat and calories in one meal can be cut by 75% if you order the right items.

### Bring Healthy Snacks

Pack some snacks to help defer the hunger pangs while on the road. Take a bag of cut up carrots, a few 100% juice boxes and maybe a granola bar or apple along for the ride to help keep hunger pangs at bay.

### Grilled Instead of Fried

Consider ordering a grilled chicken sandwich, a single hamburger (regular or children's size), a wrap (without dressing) or a low-fat deli sandwich on whole wheat bread. Keep in mind that grilled menu items are always a better choice than anything that has been fried or breaded.

### Think Different

Check the menu for low-calorie, low-fat alternatives to traditional fast foods and try a baked potato, salad or fruit cup for a change.



Kyle tries the salad bar

### Say No to Sodas

When you're at the drive thru, tell kids they may order milk, water or juice instead of sodas. Sodas have no nutritional value, are full of empty calories and cause tooth decay.

### Ask for Nutritional Information

Many fast food restaurants will hand you their nutrition info through the drive up window simply for the asking. These pamphlets help you choose the right food for your kids on the go. Give your kids the choice of two healthier options and let them choose the one that sounds best.

### Beware of Sauces and Extras

The "extras" like special sauces, cheeses, gravy and sour cream usually have higher fat and calories than the food itself -- watch out! You can ask for no sauce or gravy to help reduce the fat and calories.

### Be a Role Model

Help your children make good choices by



*Family Physicians of Katy*  
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- ~ Adult Physicals and Well Woman Exams
- ~ Adult and Child Vaccinations
- ~ Diabetes
- ~ High Blood Pressure
- ~ High Cholesterol

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Dr. Tami Stout, husband Chris, and children

**Dr. Tami Stout** Call today to schedule your appointment.  
 707 South Fry Rd, Suite 280  
 Katy, Texas 77450 (281) 398-5360



ordering smart for yourself. Drinking a large soda while your child has water sends a conflicting message about nutrition.

### Share a Meal

Consider splitting a fast food meal between yourself and your child if the portions are very large.

### Don't Supersize

Yes, everything is bigger in Texas but that doesn't mean your stomach has to be too. Remember, the smaller the size of your French fry order, the better for your health.

### Beware of High Fat Side Dishes

Try skipping the fries altogether by substituting a different side order for a tasty and low-fat change. Many fast food restaurants are now offering alternative sides like apples, carrots, chili, salads or raisins.



### Set Fast Food Limits

One way to avoid the fast food rush altogether is to simply limit the number of times a week you need to eat dinner on the go. It may work best to have an early dinner at home before you have to leave and then a small snack at home later after the activity or practice.

### Fast Food at Home

You can still have family time by bringing home the fast food and sitting together as a family after practice. Even though you ordered your meal in record time doesn't mean you have to miss the chance to spend some quality time with the ones you love the most. Whether it's home cooked or ordered on the go, the dinner table is still one of the best places for families to reconnect after a busy day.



The next time you find yourself on the road at mealtime, remember that fast food doesn't have to be FAT food. With a little effort, you can play a part in making healthy choices for Katy kids on the go. ★

*Peggy Loch has lived in Katy for almost 10 years. She often drives her two children to practices, but enjoys dinner at home with her family as much as possible.*

Email your Katy Cuties to [editor@katymagazine.com](mailto:editor@katymagazine.com)



*This Katy Cutie shows off his ear to ear grin*



## Fast Food Best Bet Options

Fast food restaurants have put a wealth of nutritional information online. Visit their websites yourself or check here for a quick reference of healthy menu suggestions the next time your family is on the go!

### Subway

subway.com

They offer a variety of sandwiches with 6 grams of fat or less. Also available is their "Subway Fresh Fit for Kids" meal with a side of apples, raisins or yogurt and low-fat milk or 100% juice.

### Mc Donalds

mcdonalds.com

A four-piece Chicken McNugget Happy Meal with low-fat milk and Apple Dippers (sliced apples served with an optional low-fat caramel dip) has 370 calories and 13g fat. Other drink substitutions include and chocolate milk and 100% pure apple juice.

### Arby's

arbys.com

A Junior Roast Beef Sandwich Kid's meal and fruit cup has 307 calories and 10g fat.

### Chick-Fil-A

chickfila.com

With a Kids' Meal, substituting a small fruit cup in place of Waffle Potato Fries™ and ordering milk instead of soda makes a six count nuggets meal only 360 calories and 14.5g fat.

### Taco Bell

tacobell.com

Order items "Fresco Style" to replace the cheese and dressings with fresh salsa.

### Wendy's

wendys.com

Jr. Hamburger: 230 calories, 8 grams fat. Mandarin Orange cup: 80 calories, 0g fat. Plain baked potato, 270 calories, 0g fat.

### Burger King

burgerking.com

Four chicken tenders, MOTT's strawberry applesauce and 1% low fat milk have 370 calories, 12.5g fat

## More Healthy Food Resources

### Fast Food Facts

www.foodfacts.info

Nutrition facts on over 1300 items from 24 fast food chains, with a search function.

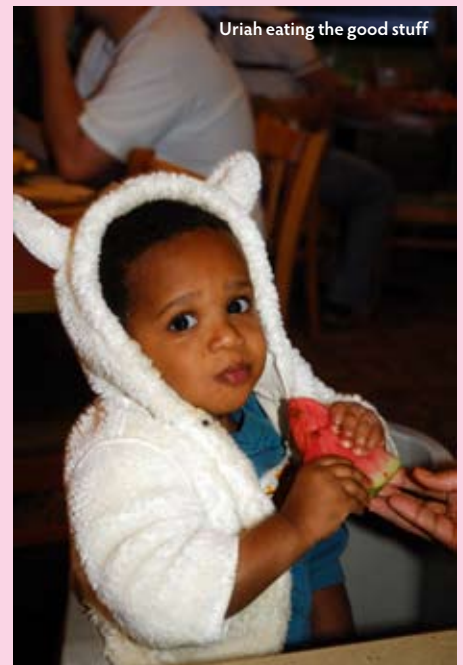
### Fast Food Nutrition Fact Explorer

fatcalories.com

Nutrition analysis of menu items 12 fast food chains.

### KeepKidsHealthy.com

A pediatrician's guide to children's health and safety.



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