

Is your teen daughter overweight? Check out Fitsmi.com

[Lost Password](#)

Remember Me

Welcome	Our Blogs	Small Changes	Dish It Up	What Do I Say When	Ask Fitsmi	Reach Out/Find Moms
-------------------------	---------------------------	-------------------------------	----------------------------	------------------------------------	----------------------------	-------------------------------------



Fitsmi's Editor at Large Abby Ellin is the author of *Teenage Waistland: A Former Fat Kid*

Weighs in On Living Large, Losing Weight and How Parents Can (and Can't) Help, which was published in 2005. Her greatest claim to fame is naming "Karamel Sutra" ice cream for Ben and Jerry's.

My Favorite Links

[Abby Ellin](#)

Recent Posts

Inspiring Teens: Jaime Oliver's Food Revolution

[She Did It! Cindi Krost](#)

Your Daughter Wants Plastic Surgery: What Do You Say?

[She Did It! Katrina Barr](#)

Top Ten WORST Things a Mom Can Say

She Did It! Cindi Krost

When her teen daughter began to put on weight, Cindi Krost slowly turned her family's eating habits around.

by *Abby Ellin*



Cindi and Chelsea Krost

Cindi Krost began making changes in her Del Ray, Florida household about ten years ago when her now nineteen-year-old daughter, [Chelsea](#), began to put on weight. "I eased into things slowly," says Krost, 48. "Like whole wheat bread, less meat, less soda. As the kids continued to grow, they began to understand how important it is to eat healthy. They actually felt better. And today, both my kids eat very healthy." Here are Cindi's tips:

What's the top food-related change you made in your house?

I serve much more chicken and fish for dinner than steak and hamburger. Due to our family's history of heart disease and high cholesterol, I know it is healthier for my family to eat lean protein and minimize the amount of beef they eat.

What was your biggest challenge?

Portion control. We all love food and have big appetites. So the appropriate amount of food on the plate is a tough thing for us. My husband and son can easily go for seconds and thirds. Chelsea and I have better portion control.

How did you overcome it?

Very often we start with a salad or a nice piece of melon. We cut out soda and drink a lot of water. This helps to fill your stomach before you get to the main meal.

How can other moms make changes?

To make a change you need to take your time at the supermarket. Read the labels, and investigate what's in the food you bring home to your family. Have a lot of fruits and vegetables available for the family to munch on. Cook with fresh herbs makes food taste so good. Of course, if you can afford to buy organic, that's another great step. If you don't bring bad stuff home, then your family can't eat it. Teach your kids the importance of eating healthy. Cooking together to prepare a good healthy meal is fun and good family bonding time

What's your favorite healthy recipe?

Chicken Cacciatore: grill the chicken, cut up fresh tomatoes, sauté with a bit of olive oil, garlic, onions, and fresh herbs, and pour it over the chicken. It's fast and delicious. Fat-free puddings and jellos with fat-free whipped topping are favorite desserts at our house.

What do you wish someone had told you about healthy eating?

To eat throughout the day. The six mini-meal approach is great because you're never hungry through the day. If you can't do that, eating three good meals a day is so important. My mom didn't stress that, but I always made sure Chelsea and Dylan ate a good breakfast and I packed them a good healthy lunch for school. And portion control is key, along with the emphasis that you don't have to clean your plate if you feel content.

What else would you like to change in your own life or your family's?

Not to dwell too much on food. We sometimes worry too much about the calories!! Just live a happy lifestyle, eat good food, and exercise. It's that simple.

What was the most important way you helped your daughter with her weight issues?

Chelsea and I talked about healthy food choices -- why eating too much meat is not good for you, why fried foods are bad and how they clog your arteries. We bake our potatoes instead of frying them, and they were delicious too! When she lived at home, sometimes we shopped and cooked together, which was fun. Opening Chelsea up to healthy alternatives like tofu and fish really helped her eat healthy. Chelsea today, is a better cook than I am. Buying fresh veggies and good fruit is so important because they taste so good. I always exercised, so I brought that love to my kids and they both exercise today as part of their lifestyle. Most importantly, it's not what the scale says, it's how you feel about your body and take good care of it!

Published April 12, 2010



COMMENTS

[Please login to comment](#)

[ABOUT](#) | [ASK FITSMI](#) | [WHAT DO I SAY WHEN?](#) | [RESOURCES](#) | [RECIPES](#) | [CONTACT US](#) | [HELP](#) | [PRIVACY](#) | [TERMS OF SERVICES](#) |
© 2010 LIFE 180 INC