

HUNGRY?

SUNDAYS

LEXINGTON
HERALD-LEADER

kentucky.com

FOOD | COOKING | ENTERTAINING | LIVING | ENTERTEINING

A LA CARTE

SUNDAYS | WWW.KENTUCKY.COM | LEXINGTON HERALD-LEADER

SECTION K

TIDBITS

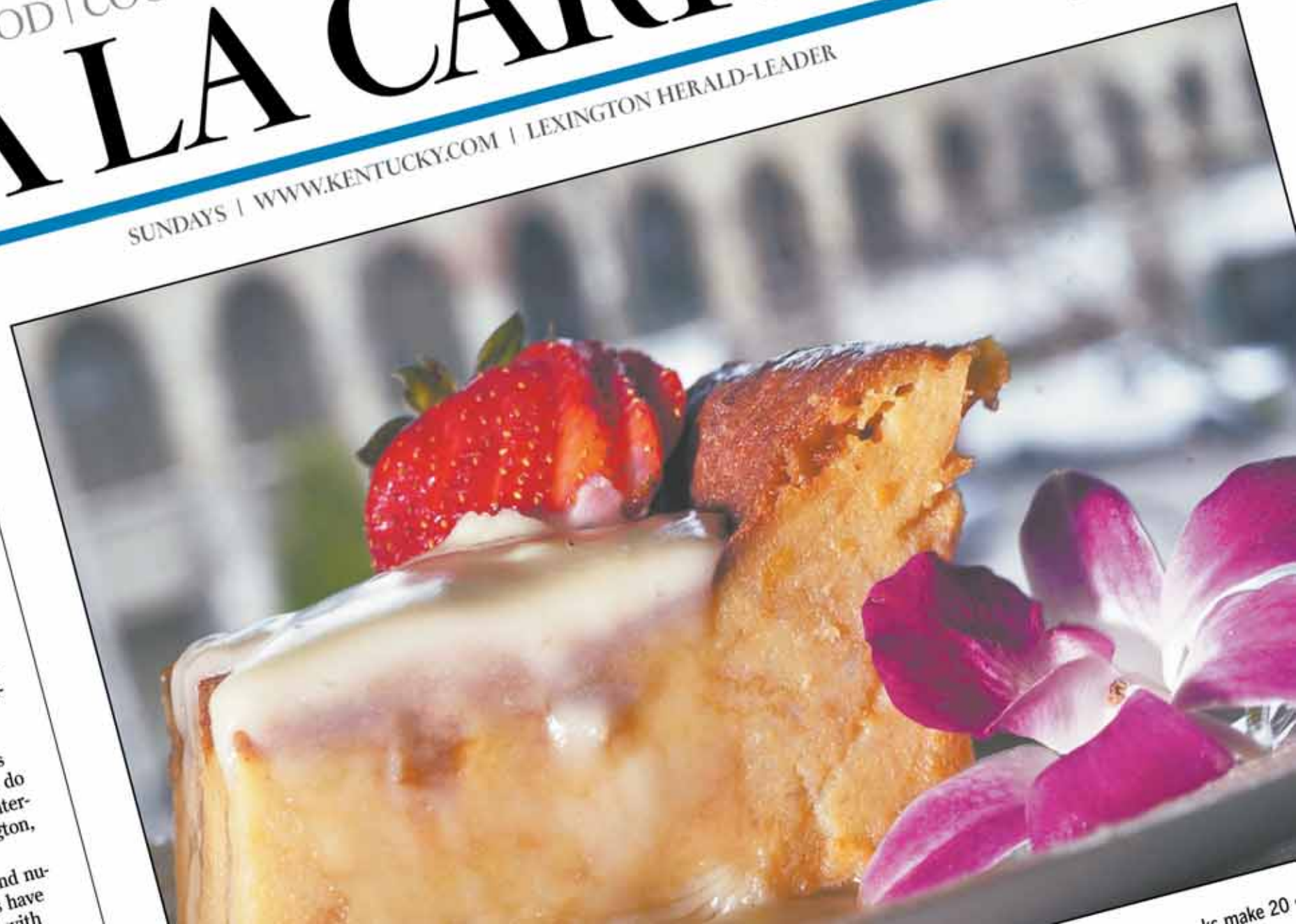
Keep it 'Simple'



SHARON THOMPSON
HERALD-LEADER
FOOD WRITER

If you have children in your home, don't go on "crazy diets." Katherine Tallmadge, author of *Diet Simple*, said it's critical for parents to set an example for their children. "Parents can tell kids to eat their fruits and vegetables until they're blue in the face, but unless they do it themselves, kids won't do it," Tallmadge said in a phone interview from her office in Washington, D.C.

Tallmadge, a weight-loss and nutrition expert, said studies have shown that children who eat with their parents are more likely to eat healthily.



to make 20