

Better Homes and Gardens®

It's better outside!

the summer life

JUNE 2010 BHG.COM

**Fun Ideas
for Casual
Get-Togethers**

**Grill-Off!
Celebrity
Chefs Share
Their Best**

**Fresh Ideas
for Deck
Decorating**



**Grilled Chicken with
Watermelon Glaze P.204**



social networking

Q: Our 15-year-old daughter wants to join Facebook, but I think it invites trouble. Is it safe?

A: Yes, if you put good safeguards in place. Set limits on the use of screen time (say, 1–2 hours per day) and confine computer use to common areas. Encourage children to think critically about what they see and read on

Facebook or MySpace, as opposed to being passive consumers. Some parents gain insights into how teens use media by having them help set up their own pages. And treat news stories about bullying and inappropriate contact and content as teachable moments about potential networking dangers. *Cmch.tv*, run by “mediatrician” Dr. Michael Rich, and *IKeepSafe.org* are great family resources for safety.

HAVE A QUESTION ABOUT HOW TO IMPROVE YOUR HEALTH? A concern about your child’s health, perhaps? E-mail us at BHGfeatures@meredith.com. We’ll select one question every issue and ask our health advisory panel to answer it. (Sorry, the doctors can’t respond to all your questions personally.)



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A nationally recognized expert on healthy housing and teen health, Dr. Sandel has been a practicing pediatrician at Boston Medical Center and Children’s Medical Center, Boston, for more than 10 years.

PHOTOS: (POTATOES) JOSON/RISER, GETTY IMAGES; (TEEN ON LAPTOP) VEER

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PUT DOWN THAT REMOTE

Each daily hour spent watching TV poses an 18 percent greater risk of dying from cardiovascular disease, according to a new study published in *Circulation*, a journal of the American Heart Association. Unlike other studies, this one examined TV’s impact on people of healthy weight and no history of heart disease. Couch potatoes who spent more than four hours a day watching TV had a staggering 80 percent greater risk of death from cardiovascular disease.

Chat your way to happiness

People who spend a lot of their day talking to friends and loved ones are much happier than silent types, says a new study in the journal *Psychological Science*. The happiest people engage in both idle chitchat and several deep conversations per day.

SPUD SALAD: DIET DUD TO STUD

With spicy tweaks and healthier substitutions, says dietitian Jae Berman, you can serve a potato salad that’s tasty and good for you.

- ▶ Use plain fat-free yogurt instead of mayo or sour cream.
- ▶ Make a vinaigrette, with a drizzle of olive oil and equal parts red-wine vinegar, balsamic vinegar, and lemon juice.
- ▶ Swap out salt for tangy spices like curry powder, parsley, chives, thyme, rosemary, or chile peppers to add low-sodium flavor without calories.
- ▶ Instead of white potatoes, try sweet potatoes, which are rich in fiber and the powerful antioxidant beta-carotene. ♪

