Most of us find it difficult to believe that the precious 15 month old in a stroller will become a 15 year old sitting behind the steering wheel of a car. But because it does happen, we at PYAM dedicate this issue of PediaTracks to those parents experiencing the drama and difficulties as well as the joys of living with teens.

When keeping an appointment with any of our providers, underage kids (<18) need to be accompanied by a responsible adult. If that adult is not the child’s parent, we will need signed permission from the parent giving that adult the authority to act in their place.

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Why Don’t Teens Act Their Age?

Ever wonder why your bright, mature teenager can do such harebrained things? Wonder no longer because recent advances in medical imaging have provided an important clue. New scanning techniques show that teen brains are physically different from those of adults.

What is particularly telling about these images is that the specific location in the brain where these differences occur—the limbic region—is the very part of the brain that governs choices, decision-making, and foreseeing consequences. This is the last part of the human brain to reach maturity which typically occurs in the mid-twenties. Remember this the next time she does something that leaves you shaking your head in disbelief. Remember also, this is why teens still need guidelines as well as help with important decisions.

Impact Testing

Impact testing (pre-concussion testing) is available at our St Paul office. If you think your child is a good candidate for this process, discuss it with his provider. Your provider will then transfer you to our Central Scheduling Department to set up the initial test. Or call Scheduling directly at 651-256-6714. The test is a service not covered by most insurance carriers and the fee for each test is $25.00. Our website has more information about impact testing.

PYAM Summer Holiday Office Hours

Memorial Day-Closed
July 4th — Closed
July 5th — Open 9AM to 11:40AM
July 6th — Open 9AM to 11:40AM
Labor Day — Closed
Having an ‘awareness of oneself’ or self-image is an exclusively human trait. We begin the process early on. Between 18 months and two years of age children are already able to distinguish between a picture of themselves and other children—we are hard-wired for uniqueness. This one-of-a-kind quality makes us special but it bears a price. Each one of us has to develop a sense of who we are and this is a complicated process fraught with problems.

Mirror, Mirror...
Have you ever heard of ‘mirror’ neurons? They are a kind of newly-discovered brain cell with some pretty amazing properties. For example, babies first start returning their parents’ smiles at six to eight weeks of life. The baby is not conscious of what he is doing—his brain ‘sees’ mom’s smile and his mirror neurons go into action triggering the appropriate response, a smile. This interaction is crucial and helps parents and babies bond. Our ability to feel someone else’s emotions is another example of these neurons at work. When we see a movie or even read a book mirror neurons enable us to empathize with the characters, real or not. Mirror neurons endow human beings with an automatic propensity to be social creatures and assist us in maintaining social connections with others throughout our lives.

Knowing this, it is not surprising to learn that a child’s initial view of himself comes not from within but from the feedback he receives from others—mainly parents and older siblings.

Since babies and children take their cues primarily from caregivers, parents need to be sending the right messages. This doesn’t mean that parents shouldn’t discipline their children or point out unacceptable behaviors, but when doing so they should make sure the child understands that they disapprove of the behavior, not the child. Continuous teasing by siblings and peers can have a strong negative impact on a child’s self-esteem. In fact, there are many factors that can lead to a poor self-image, including:

- Internalizing the judgment of others
- Personal experience
- Accumulated criticism

It should be noted that some individuals are simply more vulnerable to accepting negative judgments. What affects one child, might not affect others.

A Curious Dichotomy
We all think we know what we look like and what we are good at. But for many there is a discrepancy between what they see and what others see—self-images can be quite skewed. This is the case when kids have low self-esteem and/or a poor self-image.

A Crucial time
A person’s self-image is very malleable during puberty and is also at its most vulnerable. This is the time for parents to jump in and help their kids develop a healthy self-image and good self-esteem. How a teen perceives himself during this period of his life could end up staying with him forever.

Kids with low self-esteem are more likely to turn to things like drugs, alcohol or sex in order to feel better. They might start acting out and having problems with the law. Tweens and teens can do self-destructive things like self-cutting or dieting and exercising excessively, even to the point of needing hospitalization.

You, as parents, can help in many ways. First and perhaps most importantly your child needs to know that he is worthwhile and that you love him just the way he is. Encourage him to try different things and to find activities that he enjoys. Just being part of a group can help him feel connected and better about himself. Be free with your praise and support. Every small success whether it is academic, at home or in an extracurricular activity leads to greater self-confidence.

Certainly, laying the foundation for a child’s self-esteem is easier if you start early, but it’s never too late to help him develop a healthy, realistic self-image. If you see your child struggling with this, and feel your efforts aren’t going far enough, talk to your provider. Some sensitive or vulnerable kids might need the help of a therapist. Our providers will be able to refer you to a qualified professional whom they trust and think will be a good match for your child.
Helping Your Teen Build Self-esteem

Avoid too much negativity
Focus on improvement rather than perfection
Encourage Achievement
Understand that your teenager might want different things than you
Listen to your teen
Encourage exercise
Encourage extracurricular activities

Take Action Against Acne

Teens are nothing if not a little too focused on their appearance and what their peers think of them. Not surprising, since this is an important period of social development for them. Adults understand that everyone is born with their own unique physical characteristics—some good, some not so good and that a person’s appearance isn’t what matters most.

But if you think your teen’s acne doesn’t matter because ‘everyone goes through it’ or ‘he will probably outgrow it’, think again. It is true that acne is a common teen condition, but there is no reason to let it reach the point of damaging self-esteem or causing permanent scarring, especially when so much can be done to lessen or alleviate the problem.

What Causes Acne?

One of the main causes for acne is hormonal changes and imbalances. These changes begin with puberty but can last past the teen years, into adulthood and over a person’s lifetime.

Improper Hygiene, includes not washing the skin well enough to remove dead skin cells which build up and clog pores. A build-up of oils and skin cells are a perfect medium for bacteria to proliferate and trigger more eruptions. Picking at blemishes will also retard healing.

Dehydration alone doesn’t cause acne but it does make acne worse. PYAM providers see mildly dehydrated kids everyday, especially teens. Drinking enough water daily is important for bodies to function well.

Stress releases cortisol which stimulates oil glands to produce more oil. Learning to manage stress is important for many reasons, not just to reduce acne breakouts.

Unhealthy eating habits. For years the subject of whether or not dietary habits affect acne has been debated. Most recently, studies show that too much saturated fat and sugars make the pancreas release more insulin which in turn causes the production of more androgen, a hormone that stimulates the production of oil in the sebaceous glands. Thus indirectly causing more breakouts.

Treating Acne

There are many things that kids can do themselves to ameliorate acne. Good hygiene and proper diet, drinking sufficient water each day and reducing stress levels are all helpful (think exercise). Sometimes however other factors such as heredity and certain underlying skin conditions can contribute to a really difficult case of acne. When this happens it is perfectly reasonable to talk to your provider about medical interventions, such as antibiotics and prescription lotions. These might be needed long enough to get things under control or periodically during major outbreaks. The important thing to remember is that acne is an easily treated condition and your teen will appreciate having one less problem in his life.

Here are suggestions from PYAM providers:

- “Our kids wash their faces with CeraVe® Foaming Facial Cleanser. They initially used AcneFree Terminator version of 5% Benzoyl Peroxide for spot treatments and if acne worsened then we started prescription therapy.”
  ~Thomas Siefferman, M.D.

- “I often counsel families to purchase a mild cleansing bar (no specific brand) and as a first line recommend OTC products that contain 5% benzoyl peroxide. If those are not helpful, then we discuss adding prescription products.”
  ~ Julie Saxton, M.D.
Can You Hear Me Now?

The love affair between teens and the telephone got serious during the post-WWII era of the 1950s. While phones have changed and hair and clothing styles have changed, teen devotion to the telephone is stronger than ever. So much so, that many believe manners and social skills are eroding and that the use and misuse of the telephone has become both a social and a safety issue.*

Putting safety first

Manipulating those teeny tiny keyboards takes a great deal of mental concentration, even for today’s wunderkind who begin using keyboards directly after birth. Young people become so engrossed not only in the message but also in the process of texting that their awareness of their surroundings diminishes to a dangerously low level. Kids have been struck by cars when simply crossing the street while texting.

Scarier still is a teen driving a car while texting or even just talking on the phone. While on this subject, young drivers can become distracted by the conversations and actions of passengers in their vehicle. Some states limit the number of passengers that young drivers can have in their cars. Even if this is not the case where you live, it is still an excellent model to apply to new drivers. Kids are far more likely to behave carelessly or thoughtlessly in groups than when they are alone or with one friend.

![Talking or texting behind the wheel sends the same message – hard to tell the difference, isn’t it?](image)

The current crop of cell phones are so seductive in their abilities as to keep teens from attending to other things in life like schoolwork, helping out at home, or just spending time with the family. If you look around carefully the next time you are in a restaurant you might very well see a family of three or four people, including parents, each poring over his own device, oblivious of everyone else at the table.

Setting an example

Ahh, touched a nerve there. If you want your teen to make eye contact, carry on meal time conversations and participate in the ‘present’, you just have to set an example. In addition, many families ban the use of electronic devices at mealtime or during family gatherings. Kids will put up a fuss, naturally, but stand your ground and they will comply with the rules because, hey, you can always stop paying their phone bill.

Telephone contracts

This is not the kind of contract you pay to get wifi service, but something more like a legal contract that you and your teen work out together; a contract with rules for phone use, and consequences for breaking those rules. Devise your own contract with your kids or borrow from this one:

Cell Phone: Tween/Teen Responsibilities

- I will not send threatening or mean texts to others.
- I will not text or place phone calls after 9 p.m.
- I will keep my phone charged at all times.
- I will not bring my cell phone to the family dinner table.
- I will not go over our plan’s monthly minutes or text message limits. If I do, I understand that I may be responsible for paying any additional charges or that I may lose my cell phone privileges.
- I understand that I am responsible for knowing where my phone is, and for keeping it in good condition.
- I understand that my cell phone may be taken away if I talk back to my parents, I fail to do my chores, or I fail to keep my grades up.
- I will obey rules of etiquette regarding cell phones in public places. I will make sure my phone is turned off when I am in church, in restaurants, or quiet settings.
- I will obey any rules my school has regarding cell phones, such as turning them off during class, or keeping them on vibrate while riding the school bus.
- I promise I will alert my parents when I receive suspicious or alarming phone calls or text messages from people I don’t know.
- I will also alert my parents if I am being harassed by someone via my cell phone.
- I will not use my cell phone to bully another.
- I will send no more than _____ texts per day.
- I understand that having a cell phone can be helpful in an emergency, but I know that I must still practice good judgment and make good choices that will keep me out of trouble or out of danger.
- I will not send embarrassing photos of my family or friends to others. In addition, I will not use my phone’s camera to take embarrassing photos of others.
- I understand that having a cell phone is a privilege, and that if I fail to adhere to this contract, my cell phone privilege may be revoked.

*See Why Manners Matter elsewhere in this issue
Cell Phone Contract: Parent Responsibilities

- I understand that I will make myself available to answer any questions my teen might have about owning a cell phone and using it responsibly.
- I will support my child when he or she alerts me to an alarming message or text message that he or she has received.
- I will alert my child if our cell phone plan changes and impacts the Plan’s minutes.
- I will give my child________ warning(s) before I take his or her cell phone away.

Signed_________________________ (Tween)
Signed_________________________ (Parents)
Date ____________________________

Teens should understand that the use of electronic devices is a privilege, not a right, and that you are footing the bill for this privilege and have the right to help them use their phones responsibly.

Teaching Teens the Complete Story of Sexuality

Who is better qualified than you to teach your child about sex?

In this special issue dedicated to the concerns of young adults, you will come across the concept of respect for self and others in a number of places, each focusing on how respect impacts different aspects of living. Nowhere is the concept of respect more important than in sexuality. Girls and boys who have self-respect and are aware of their own value are less-likely to succumb to being pressured into doing something they don’t want to do. Similarly, teens who have been taught to respect others will refrain from daring or threatening others into performing sexual acts.

The moment will come, whether it happens in a science class or a health class, when your young person is taught the biology of sex. The problem is that human sexuality is a complex subject that involves not just biological facts but also romance, love, morality, and the meaning of relationships. Only with your guidance can your child understand and grow into her own sexuality in a healthy and knowledgeable manner.

The guidance children require for this important part of growing up can be broken down into three areas.

Educate yourself to educate them. A good time to open the door to these discussions is when your child is experiencing the first physical changes associated with puberty—they will want to know what is happening to their bodies and why. At this point short, simple, and direct answers are best. Provide enough information to answer just the question that was asked. Every child matures emotionally and physically at her own pace and you know best how much information to dole out to your child.

At some point in time though, parents have to be prepared to have some frank and open conversations with their youngsters. This can be uncomfortable and embarrassing for many people. Online resources for parents are listed at the end of this article—being prepared with outlines, suggestions and facts can help parents with this difficult task. It is important to be able to candidly discuss the darker side of sex, including teen pregnancy and sexually transmitted diseases (STDs).

Finally, Parents should not be afraid to clearly state their own values, concepts and standards. When parents and caregivers talk frankly and openly about sexuality and matters of sexual health they are providing youngsters with the foundations for establishing their own values and sexual health.

Be a positive parent. Parenting experts suggest that parents can best support the development of their child by balancing responsiveness, discipline and respect. A youngster’s sexual health is directly linked to parental supervision and monitoring.

Stay connected. Research shows that parents help protect their teens from sexual health problems by staying connected, valuing on-going communication, expressing approval and non-judgmental disapproval as well as monitoring teen behavior. High-quality family interaction and close connections are vital to raising sexually healthy youth.

Online Resources for Parents

University of Minnesota Positive Parenting Extension
http://www.extension.umn.edu/parenteducation/

Teenwise Minnesota
http://teenwisemn.org/for_parents.html

Advocates for Youth
http://advocatesforyouth.org/parents/

Shoulder to Shoulder
http://shouldertoshoulderminnesota.org/

Recommended Reading with your children:
The Boys Body Book by Dunham and Bjorkman
The Care & Keeping of you from the American Girl series
Why Manners Matter

At what point in the 20th Century did Americans abandon good manners and respect for others? When did we make the sea change from the polite Cleaver family of ’Leave it to Beaver’ to the Simpsons, or any other sitcom for that matter?

In today’s TV families, children speak and behave badly and are rewarded with laughter. Their adult counterparts set no better examples. Good manners have disappeared from the media and from daily life.

Good manners yield positive results
Many teens and even their parents don’t realize that courtesy and confident social skills are aspects of good manners that can predispose a favorable outcome in job interviews, in making friends, or in working comfortably with coworkers and teammates.

Therefore, getting and keeping jobs, coexisting with neighbors and meeting a future spouse are affected positively or negatively by manners. It is in one’s own best self-interest to acquire and use good manners.

Bad manners affect everyone
Can bad manners be blamed for social misbehaviors such as road rage? According to many, yes. Anyone can have a bad day and while driving through traffic feel like blowing up. Good manners demand the self-respect and respect for others to resist making rude gestures, blasting the horn, or worse. Likewise, the frightening increase of bullying can be seen as an adjunct of bad manners. Sure, bullying has always been around, but when respect for others diminishes, bullying is not considered negative behavior and becomes more commonplace.

Solutions
The relevance for tweens and teens is obvious. They are on the threshold of interviewing for jobs and competing for placement in colleges and they are trying to work out how they fit into society. Young people with poor manners and social skills are at a huge disadvantage in all these endeavors.

If good manners are that important, parents need some sort of definition and maybe some guidelines to help pass these behaviors on to their children.

Enter Bethany Miller, founder and director of Doors of Success School of Etiquette. As you might expect Bethany had quite a lot to say on a subject that has become her career. She became aware of the lack of good manners during her 12 years in elementary schools tutoring and working with students in several capacities. Seeing the lack of respect kids showed to teachers, parents, and each other spurred her to attend the American School of Protocol in Atlanta.

The hardest job children face today is learning good manners without seeing any”
Fred Astaire

When she returned to Minnesota, Bethany established Doors of Success. She chose the name because her “desire is to demonstrate to students that with good manners, doors of opportunity and success will really open for them.”

The classes that Bethany conducts are the beginning of teaching kids how to properly introduce themselves and others, good dining behavior, conversational skills, the importance of Thank You notes, and why these things matter so much.

What is her definition of good manners? “Speaking and acting out of respect for self and others.”

In practical terms, people with good manners say and do things that put others at ease. They don’t speak with food in their mouths, because they can project what that looks like from the other side of the table. (“What does my behavior look like to others?”) They can introduce others so that no one feels isolated. Good manners create a comfortable social atmosphere in which everyone can enjoy themselves.

Parents are always reporting back to Bethany how pleased they are with the results—specifically they appreciate the eye-contact their child makes with them after taking a class. Bethany also works with families, couples before their wedding, businesses, and interested groups like Scout Troups. There are classes for kids as young as three and all the way up through high school.

If you or your group would like to take advantage of this wonderful asset, information is available on Twitter, facebook and the Doors of Success School of Etiquette website.

“We think once you quit hearing ‘Sir’ and ‘Ma’am’ the rest is soon to follow”
No Country for Old Men
Cormac McCarthy

Students practice how to meet people and introduce themselves and others.

Doors of Success School of Etiquette
Bethany Miller
612-759-6365
52 Hamel Rd
Hamel, MN 55340
Advice from a Provider:
Dr. McMahon on Food Allergies

To get the low down on this subject we asked Dr Doug McMahon of Midwest Allergy and Asthma to help us out.

What are food allergies and how serious are they? A food allergy is an adverse immune response to a food protein. This happens when the body’s immune system mistakes a food protein for an invader and sends white blood cells on the attack, triggering an allergic response. The adverse reaction can result in tinglying around the mouth, swelling of the throat and tongue, rashes, and respiratory distress—the most serious reaction being anaphylaxis which requires immediate emergency intervention. The following eight foods account for 90% of allergic reactions: Milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat.

Does Everybody Have Food Allergies?

“Many patients, friends, and family members have commented to me that it seems like everyone has food allergies now.” Not quite everyone, of course, but studies show that food allergies did increase by 18% between 1997 and 2007.” That same study estimates that 5% of all children under age five years and 4% of teens and adults now have some kind of food allergy. No one is certain why numbers are on the rise but there is a working theory that offers an explanation. The hygiene hypothesis suggests that since people are growing up in a more sterile environment than in the past, our bodies, instead of fighting off microbes and parasites, have begun fighting off more benign things such as plant pollens and animal dander. While this theory was devised for respiratory allergies it can also be applied to food allergies.

“In 2000 the American Academy of Pediatrics advised delaying the introduction of highly allergenic foods to children: cow’s milk until age one, egg until age two, and peanuts, tree nuts and fish until age three. But during the following decade the incidence of food allergies increased significantly and then newer studies indicated that an early introduction to these foods might be more protective.” So, in 2008, the AAP revised their statement saying there is no convincing evidence for delaying the introduction of specific highly allergenic foods.”

dren” details how egg allergy can be resolved faster by including baked eggs in the child’s diet. This should only be done under the supervision of an allergist after tests have been performed. The same can be applied to milk allergy.” Peanuts, however, can produce dangerous allergic reactions and are less likely to be outgrown. While progress with this allergen is slower and more difficult to resolve, current studies offer hope for the future.

“For those with food allergies it is important to always carry epinephrine in case of an accidental exposure.” For more information or support please visit:

The Food Allergy Support Group of MN http://www.foodallergysupportmn.org/ or
The Anaphylaxis and Food Allergy Association of MN http://www.minnesotafoodallergy.org/

We are grateful to Dr Doug McMahon of Midwest Allergy and Asthma for this article. Dr McMahon is an allergy specialist and he suffers from food allergies himself. He sees patients in Eagan, Maplewood and Burnsville. You can reach his office @651-641-6134.


Eagan Office Relocating and Expanding

After many years of serving the southwest Metro, PYAM’s Eagan office currently situated at 3420 Denmark Avenue will be relocated to 3470 Washington Drive, Suite 201, on Monday June 3rd of this year.

Although not quite finished at the time of this photo, the new Eagan lobby is bright and inviting

The new office space will house a larger, more accommodating lobby as well as more exam rooms. There will be new furniture and equipment and enough space for two doctors to be on site most every day. Naturally, that means that some providers’ current schedules will be undergoing changes.

Dr. Julie Saxton who divides her attention between Eagan and Saint Paul is very excited about the move. She commented on how loyal Eagan patients are and how the upcoming changes will better serve their needs. “We are also adding an extra hour to the end of the day Mondays through Thursdays, and this will be a real convenience for parents.” That means that the Eagan office will be open from 8am until 6pm four days a week and from 8am until 5pm on Friday. In addition, the Eagan office will join Saint Paul and Lake Elmo in offering urgent care on Saturday mornings from nine until noon, beginning June 8th.

PYAM keeps growing, right along with our patients!
Feeding Frenzy/ Teens in the Kitchen
If you have a pack of teens camped out in your kitchen, you might be thinking of the theme from the movie Jaws—nuh nuh, nuh nuh, nuh nuh. And why wouldn’t you? Kids can rival sharks in their ability to sniff out and devour groceries, but as their brains and bodies approach adult-size, good nutrition is more important than ever. Not only will fruits, vegetables, whole grains, and lean proteins help them build healthy bodies and achieve their academic potential but will also help maintain a healthy height/weight ratio which has important life-long consequences.

Put Them to Work
Since teens are not as unintelligent and spend a considerable portion of their waking hours foraging in the kitchen anyway, why not acquaint them with how to prepare food they will like that is actually good for them? The more they can learn about assembling something they would like to eat, the better their choices will be. Logically, you will need to keep in stock the ingredients needed for those healthy choices.

Let’s tweak a typical Friday night teen feed of salty, starchy snacks, pizza and sodas and render it nutritious and tasty. The recipes that were chosen call for simple ingredients and have fairly easy to follow directions.

Smoothies
After searching the Internet and perusing dozens of recipes for smoothies, we reached the conclusion that just about anything you try will end up being delicious. There were a few constants in several of the recipes and those included a banana, frozen or not (frozen gives a thicker texture to the final product; Greek yogurt, fruit juice or almond/coconut milk, ice cubes and fresh or frozen fruit. You can use a blender, a food processor or a ‘Magic Bullet’. You can cut fat and calories by using low- or no fat yogurt and almond or coconut milk.

Basic Smoothie Recipe
½ C low-fat Greek Yogurt (more protein, thick texture)
½ C juice or non-dairy milk product
1 banana
½ C chopped fruit
½ C ice cubes

Another thirst-quenching idea for summer is iced herbal teas. Many varieties have excellent flavor and require little or no additional sweeteners. Unlike sodas and drinks like Snapple (which contain on average about 10 teaspoons of sugar in a 12 oz serving—slightly more than Coca Cola.) Tea bags for any kind of tea are many times less expensive than ready-made beverages.

Vegetables and dips
Here is a great opportunity to ditch the chips. Herd them all out to the kitchen and let one ‘team’ wash and prepare the vegetables while the other makes the dips. You don’t need a food processor for guacamole, but we recommend it. We also recommend trying different kinds of Hummus for a vegetable dip. Yet another idea is to substitute unflavored Greek Yogurt for the sour cream in other dip recipes, as we did below:

<table>
<thead>
<tr>
<th>Dill Dip</th>
<th>Basic Guacamole for a crowd</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup Greek Yogurt</td>
<td>8-10 avocados</td>
</tr>
<tr>
<td>1 tsp. garlic salt</td>
<td>1 tsp. cayenne pepper</td>
</tr>
<tr>
<td>1 cup mayonnaise</td>
<td>1 red or yellow onion</td>
</tr>
<tr>
<td>1 tsp. celery salt</td>
<td>2-3 minced cloves garlic</td>
</tr>
<tr>
<td>1 tsp. dried onion flakes</td>
<td>Salt</td>
</tr>
</tbody>
</table>

Mix all ingredients and chill for at least one hour.

Pizza Party!
Surprisingly, pizza is a relatively simple creation. You can buy pre-made dough and canned sauce or you can make your own from scratch. Our recipe testers found some awesome recipes that are quite doable, even for kids (younger ones will need guidance.) There are many good reasons to try the scratch method, if for no other reason it will keep them busy and out of mischief. But also being able to make a pizza completely from scratch is a confidence booster that gives them some bragging rights. The experience also teaches kids that food doesn’t have to come from the freezer department of your grocery store, and lastly, they might even come to appreciate their parent’s work in the kitchen.

Best of all, you control the salt, fat, and other elements of the pizza when you make it yourself. Our recipe testers found that Kielbasa can be sliced into rounds like pepperoni, with only a fraction of the fat and calories.

<table>
<thead>
<tr>
<th>1 oz serving</th>
<th>Calories</th>
<th>Total fat</th>
<th>Sat. fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turkey kielbasa</td>
<td>45</td>
<td>2.5</td>
<td>1.0</td>
</tr>
<tr>
<td>Turkey pepperoni</td>
<td>70</td>
<td>4.5</td>
<td>1.5</td>
</tr>
<tr>
<td>Traditional pepperoni</td>
<td>130</td>
<td>11.3</td>
<td>4.5</td>
</tr>
</tbody>
</table>

Look at the difference: Nevertheless, our crew decided against low-fat cheeses. Instead, we kept calories and fat down and still delivered flavor by simply using less. Here again, you can tailor your pie to your tastes.

Directions for making pizza from scratch with hands-on tips, suggestions, and the great recipes we found will be available on our website after June 15th. Please go to our website, www.pyam.com, and click on ‘recipes’ and then ‘Pizza Party!’