

Family Portrait

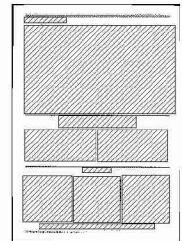
The Largeman-Roth Family

Windsor Terrace, Brooklyn

When life moved them from Alabama to Brooklyn six years ago, author and dietitian Frances Largeman-Roth and her husband, Jon Roth, director of organization and process optimization at Macy's, traded their house with a roomy backyard and a grill for an apartment with a bite-size kitchen. "It was definitely a shock," she says. "I was used to having space." But Largeman-Roth, author of *Eating in Color: Delicious, Healthy Recipes for You and Your Family*, soon settled in. She went on to write *Feed the Belly: The Pregnant Mom's Healthy Eating Guide* while pregnant with daughter Willa, now 5 years old. The couple's son, Leo, 2½, followed, and there's another baby due this summer. "Willa was the motivation for writing *Eating in Color*," she says. "As a toddler, she was a picky eater with a beige diet. As a mom and a nutritionist, I did not feel good about that." At day care Willa was enjoying studying colors, so Largeman-Roth began to organize the family's meals like a rainbow—offering exciting reds, oranges and greens instead of beets, carrots and broccoli—and the book was born. These days the family lives in Windsor Terrace and things are definitely looking brighter. Willa will say, "Look, Mommy, I have three colors on my plate!" And now, says Largeman-Roth, "Leo will ask not just which vegetable I'm serving, but what type. He'll say, 'What kind of pepper is it?'" — Clare Lambe



PHOTOGRAPHS: JACELYN BAUM; LADYBIRD AND JUKE PEDALER; LAURA GALLANT; JACOB RIIS PARK; VIRGINIA ROLLISON

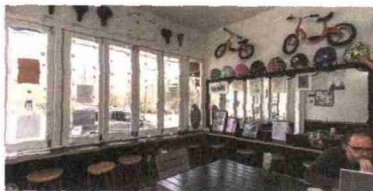


THEIR FAVORITE...



DESSERT SHOP

"You can't go wrong with the cakes and cupcakes from **Ladybird** (1112 Eighth Ave between 11th and 12th Sts, Park Slope, Brooklyn; 718-499-8108, ladybirdbakery.com). They're beautifully decorated and delicious; and their little espresso cookies are perfect for tired parents who need a pick-me-up."



LOCAL RESTAURANT

"We love to stop by the **Juice Pedaler** (154 Prospect Park Southwest between Seeley and Vanderbilt Sts, Windsor Terrace, Brooklyn; 718-871-7500, juicepedalernyc.com) for a freshly pressed juice or coffee after a morning trip to the Vanderbilt playground. It's a super cool combo of a bike shop, coffee house and juicery."



CITY DESTINATION

"The first time we went to **Jacob Riis Park** (from Beach 169th St to Beach 149th St, Rockaway Beach, Queens; 718-318-4300, nyharborparks.org), I couldn't believe such a beautiful beach was so close to us! It's in Rockaway, Queens, and you really feel like you're away from it all—it's not as crowded as other NYC beaches."

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