



with Susie Burrell

Nutrition

HOW TO RAISE A healthy FAMILY

WANT HEALTHY, HAPPY KIDS? THEY ARE WHAT THEY EAT, SO PERHAPS IT'S TIME TO TAKE A CLOSER LOOK.

Parents are constantly amazed when told that if they keep chocolate biscuits and soft drinks in the house, their children are going to want them. They're also amazed that it's their health, fitness and nutrition habits that their children are going to learn and maintain, for life.

Unfortunately, we're not a particularly healthy bunch. At least one in two Australian parents is overweight, as are up to one in three children. Daily physical activity is uncommon, and foods like potato chips, soft drinks, cordial and fast food are eaten on a regular, if not daily, basis.

If you're serious about raising a healthy family, it may be time to implement some serious lifestyle changes so your children live the long and active lives they are meant to.





TIPS FOR HEALTHY FAMILIES

- *Water should be the drink of choice. Soft drinks, cordial, juice and sports drinks are all high in sugar.*
- *Turn the TV off. A maximum of two hours a day of total screen time is recommended for children.*
- *Have set meal and mid-meal times. Modern life grazing leaves many of us vulnerable to overeating.*
- *Get Dad involved. In two-parent families, dads are role models when it comes to food and nutrition habits.*
- *Eat more vegetables. Dress them up with sauces or let the kids eat them raw.*
- *Include treats but limit them. Let children know when they can have a treat and eliminate the nagging.*
- *Include regular family activities. A nightly walk, or bush trip are examples of quality time with parents.*
- *Make breakfast mandatory – even if your child will only drink a glass of milk or a breakfast smoothie.*



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READER DIET MAKEOVER

NAME Alan McDonald **AGE** 35 **WEIGHT** 90kg **HEIGHT** 175cm **OCCUPATION**
 Engineer **DIET GOALS** Lose 10kg, have more energy during the day

	MEAL	SUSIE SAYS
breakfast	Coffee with 3 sugars. Toast with Vegemite or peanut butter.	This breakfast offers little nutritionally. Choose good quality bread, and add an egg or baked beans for a satisfying, protein-rich breakfast.
mid-morning	Vegetable pastry or fruit and yoghurt.	Pastry is high in saturated fat and an unsatisfying choice. A better breakfast should help to keep Alan full all morning.
lunch	Ham, cheese and tomato sandwich, or lasagna or salad.	Add fruit or yoghurt to maintain fullness through the afternoon. Make sure leftovers/sandwiches include salad and/or vegies.
afternoon tea	Nothing.	Snacking on a handful of nuts or an apple on the way home can prevent overeating throughout the evening.
dinner	Baked chicken or snapper with vegies, or wholemeal pasta bolognaise.	Good choices in general. Try using brown rice and pasta to increase the full factor of these meals.
snacks	Lemon sorbet or hot chocolate and Tim Tam.	For weight loss, try limiting after-dinner snacks to less than 400kJ.



Reader question

Q I am not hungry when I wake up in the morning. Should I still eat breakfast?

A Late-night, heavy meals can suppress appetite in the morning, as can poor habits which mean your body has become used to not eating. Try to have something small before 8am. The best light options include a skim milk coffee, slice of toast or a couple of crackers with cheese slices.



PRODUCT REVIEW

Tuna is a good source of omega-3 fats and Sirena tuna in olive oil is arguably one of the best tasting varieties on the market. Drain excessive oil and serve with crackers or bread, or in salads or pastas for a protein-rich snack or meal.



EMAIL YOUR QUESTIONS TO: susie@susieburrell.com.au. Due to the large volume of questions, Susie cannot respond personally to each one. Susie trained in both nutritional science and psychology and is one of Australia's leading dietitians. For more information visit www.susieburrell.com.au

FOOD TIP OF THE WEEK Always have a nutritious snack with you. For many people, it is not that they don't know what to eat, but that they find themselves without a healthy, filling option close at hand. Avoid this by always taking a nutritious snack with you. A nut or protein bar, an apple, or a few nuts are examples of convenient snacks that will help you keep on the diet straight and narrow much of the time.