

▶ **MIX FM (Sydney)**
Body & Soul - 22/03/2009 8:45 AM
Marnie T

Susie Burrell, Dietician, talks about the importance of a healthy diet and lifestyle for children. She says parents need to set an example when it comes to eating healthy food and exercising. She says it is very important to eat at the table with the TV turned off. She says the drink of choice should be water, rather than fruit juice, soft drink and cordial are packed full of sugar. It is also important to have treats sometimes to teach children that there is a time and place for those foods.

Interviewees: Susie Burrell, dietician

Duration: 2.01

Summary ID: S00034109863

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MIX FM (Melbourne)

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Demographics
 Demographics are not available as the media outlet has not commissioned audience research into this timeslot.

▶ **MIX FM (Sydney)**
Body & Soul - 22/03/2009 9:50 AM
Marnie T

Christopher Zinn, Choice Magazine, talks about the secrets of the health food aisle in your supermarket. He says that some of the labels in the health food aisle can be misleading. Just because you are in a health food section of your supermarket, it does not mean everything there is healthy, in fact some of the food there is laden with fat, salt and sugar. Consumers are advised to be wary of labels reading "natural", "from nature", or "green". These labels do not mean very much, and consumers are advised to read the packaging carefully to find out what is contained in the product. Lite milk is lower in fat than full cream milk, but other products advertising themselves as "lite" can be loaded with sugar to compensate for the lack of fat. Yoghurt can fall into this category.

Interviewees: Christopher Zinn, CHOICE Magazine

Duration: 2.13

Summary ID: S00034109972

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Demographics

Male:	14000
Female:	14000
AB:	2000
GB:	14000
All People:	28000