

LEAVE OUT JUNK FOOD FOR KIDS

WITH obesity statistics indicating that one in four of our children is overweight and the knowledge that overweight children generally become overweight adults, prevention needs to start early and one of the best places to begin is the lunchbox.

“The ideal lunchbox should contain a morning snack and full lunch, which equates to 450 or 550 calories in total.” Amanda Clark, dietitian and author of *Portion Perfection* – a visual weight control plan said.

“A sandwich with some spread, protein and salad will usually contain about 350 calories, so that leaves 100 calories (420kj) or 200 calories (840kj) for snacks.”

These days most children equate snacks with pre-packaged foods, and while pre-packaged food and snacks are certainly convenient and easy to pop into the lunchbox, are we giving our children too many?

Amanda said we were.

“We seem to forget that the lunchbox should only contain morning tea and lunch and that’s all. While children might ask for more pre-packaged snacks in their lunch, it’s a good idea to make sure the snacks are health.”

If you child eats a healthy, nutritious lunch, they won’t be as ravenous when they get home from school, and will be able to do with a small snack to tide them over until dinner.

The evening meal ideally contains 350 or 450 calories (1470-1890kj) for children.

To find a local dietitian go to www.daa.asn.au and click on “find an APD” or talk to your doctor.