

PORTION CONTROL IS WEIGHT CONTROL

Snack check

Many snacks are full of sugar, salt, fat and calories.

- › Keep count. You may be surprised how many sweets, crisps, biscuits and cakes your child eats in a day.
- › Cut down on top shelf foods. Allow them occasionally – not every day.
- › Don't use top shelf foods as rewards. Find different ways to reward your child – stickers, a trip to the park.
- › Don't forget that sometimes it is kinder to say no.

Sugar swap

Swap sugary snacks and drinks for ones that are lower in sugar. It can make a big difference to calorie intake – and it is better for their teeth too.

- › Healthier snacks - fresh fruit and vegetables (apple slices, carrot sticks, baby tomatoes, bananas) or bread sticks.
- › Healthier drinks - water, semi-skimmed milk or diluted fresh fruit juice.
- › Healthier breakfast cereal - lower sugar cereals, fruit or toast.

Me-size meals

It is important to make sure that children get just the right amount for their age – not too little and not too much.

- › Give them a portion that matches their size not the same amount of food as you.
- › Give smaller portions to begin with then let them ask for more if they're still hungry. Don't pressure them to eat all the food on their plate if they're full up.
- › When eating out – ask for kid-size portions.

Cut back on fat

We all know too much fat is bad for us, but it is not always easy to know how to cut it out.

- › Cut down on top-shelf snack foods. Allow them occasionally – not every day.
- › Grill or bake food in the oven rather than frying. This will help cut fat content by as much as two-thirds.
- › Trim off any fat you can see from meat before cooking it. Take the skin off chicken and turkey.
- › Drain fat from meat after cooking.

