

The Battle of the Bulge

- The whole family should have more healthy food eg. the GI diet
- Regular family meals around the table.
- Snacks should be fruit or veg
- Aim for 5 pieces of fruit or veg a day
- Low calorie drinks - water ideally
- Grill, boil or bake rather than fry
- Semi-skimmed or skimmed milk
- Reduce TV viewing or computer use.
Make a specific plan eg no more than 1 hour a day.
- Walk or cycle to school
- Stairs not lifts
- The whole family should be more active.
- Play.
- Avoid embarrassing people who are being more active or eating healthily.