

Some healthy alternatives

High calorie foods

Healthier alternatives

Sugar (white/brown)

Sweetener if necessary (e.g. Canderel, Sweet 'n' low)

Jam, marmalade, honey

Reduced sugar varieties

Fizzy drinks, fruit squashes
Sugary drinks e.g. Suntop, Fruit Shoots

Water, milk, Diet fizzy drinks, no-added sugar squash

Chocolate biscuits, Sweet biscuits
Custard creams, Jam tarts

Plain biscuits e.g. Rich Tea, Digestives, Garibaldi, Fruit shorties

Cakes, Japonesas, Doughnuts

Cut down the quantities. Try scones or the above biscuits

Tinned fruit in syrup

Tinned fruit in natural juice, all fresh fruit

Yoghurt, Custard, Rice pudding, Flan

Low-fat yoghurts, low-fat custard and rice pudding

Ice creams
E.g. Magnum, Cornetto, Whipped ice cream, Choc ice

Ice-lollies e.g. Rocket, Orange Maid
careful with quantities

Sugary cereals e.g. Sugar Puffs, Frosties, Cocopops

Plain and high fibre cereals e.g. Cornflakes, Porridge, Weetabix, Fruit n' Fibre

Fatty meats e.g. kebabs, burgers, corned beef, sausages, chorizo, morcilla, chicken skin,

Cut down quantities and remove any visible fat off the meat

Fried foods e.g. churros, chips

Use other methods of cooking e.g. stew, grill, bake, etc

Crisps, sweets, chocolates

Cut down total amount

Worried about your child's weight?



What can I do as a parent?



THE HEALTH PROMOTION GROUP



Gibraltar Health Authority

Healthy Eating guidelines

■ Eat regularly, missing meals does not help. Breakfast is especially important.

■ Drink plenty of water (tap water or bottled water).

■ Eat five portions of fruit and vegetables every day.

■ Include up to 1 pint (2 glasses) of skimmed milk or ¾ pint (1 and a half glasses) semi-skimmed milk daily.

■ Include bread, rice, pasta, potatoes, cereals or chapatti at every meal

■ Cut down on the amount of high fat and fried foods e.g. crisps, chips, pies, burgers, sausages, chorizo, churros, kebabs. Reduce them in frequency and quantity.

■ Cut down on foods and drinks high in sugar e.g. chocolate, sweets, cakes, biscuits, fizzy drinks. Reduce them in frequency and quantity.

Tips for you and your child

Children learn best by example! Be a good role model by changing your own eating habits and doing more exercise!

If your child spends a lot of time with grandparents then they need to provide support. Grandparents need to be consistent with your child's healthy eating plan.

Encourage your child to be active and limit their time watching TV or playing on the computer.

Don't drive your child to school if you live nearby!

If your child should be avoiding particular foods don't keep these in the house. Agree on one or two treats a week for the whole family.

Try not to reward your child with food. Try doing other things instead e.g. going to the cinema or getting a new book.

Switch the TV off at mealtimes and make eating a family occasion.

When your child asks for food get them to decide whether they really are hungry.

Provide meals and snacks at regular times instead of letting them graze all day long.

Provide a healthy snack for your child's tuck rather than give them money to buy their own.

In Gibraltar we are lucky because we have the beaches in the summertime where our children are usually very active. However, teatime snacks on the beach can sometimes be packed with calories so be careful!!



Should I be concerned?

YES: Being overweight can lead to an increased risk of health problems in later life. These include diabetes, high blood pressure, hip joint arthritis, knee problems, heart disease and stroke but the risk can be lowered if excess weight is reduced.

Overweight children suffer at school because:

- they may get bullied;
- they often feel that they cannot participate in P.E. and games;
- they can lose confidence.

Also when it comes to buying clothes they may need bigger sizes as nothing else will fit.

How can I help?

Weight loss involves a change in lifestyle for the whole family not just the child. In most cases the aim will be to prevent further weight gain whilst the child is continuing to grow in height in this way the child will grow into his/her weight.

Changing the eating habits of the family is hard work, takes time and effort, but it is worthwhile in the long run.