

Overweight children



Preventing having overweight and obese children

Breastfeeding

Breastfeed Baby. The longer you breastfeed Baby, the less likely he is to be an overweight child.



Formula feeding

Follow the directions on the tin for making up the formula. Don't force him to drink the whole bottle if he doesn't want it.

Big babies

Baby doesn't need top-up feeds or solid food early. A big baby needs breastmilk with solid food from six months, same as other babies.

Healthy foods and drinks for healthy weight

- Feed the whole family healthy food with plenty of fruit and vegetables and lean meat and fish.
- Cook healthy – only use a small amount of oil.
- Make sure the kids eat a healthy breakfast – and you too!
- Make water the main drinks for kids – not sugary drinks like soft drink, sports drinks, cordial, flavoured milk and fruit juice.

Overweight children need healthy foods and drinks and lots of physical activity.





- Don't buy junk foods like chips, crisps, cakes and biscuits (you'll save money too!).
- Don't let the kids eat junk food in front of the TV.
- Don't use lollies as rewards for the kids – ask other family not to do it, as well.
- Foods like sausage rolls, meat pies, chicken nuggets and kabanos have too much fat and salt and not enough lean meat. These don't help children to grow well at a healthy weight.

Use lean meat in your meals, not fatty meat. If you have turtle or dugong, remember to cut the fat off.

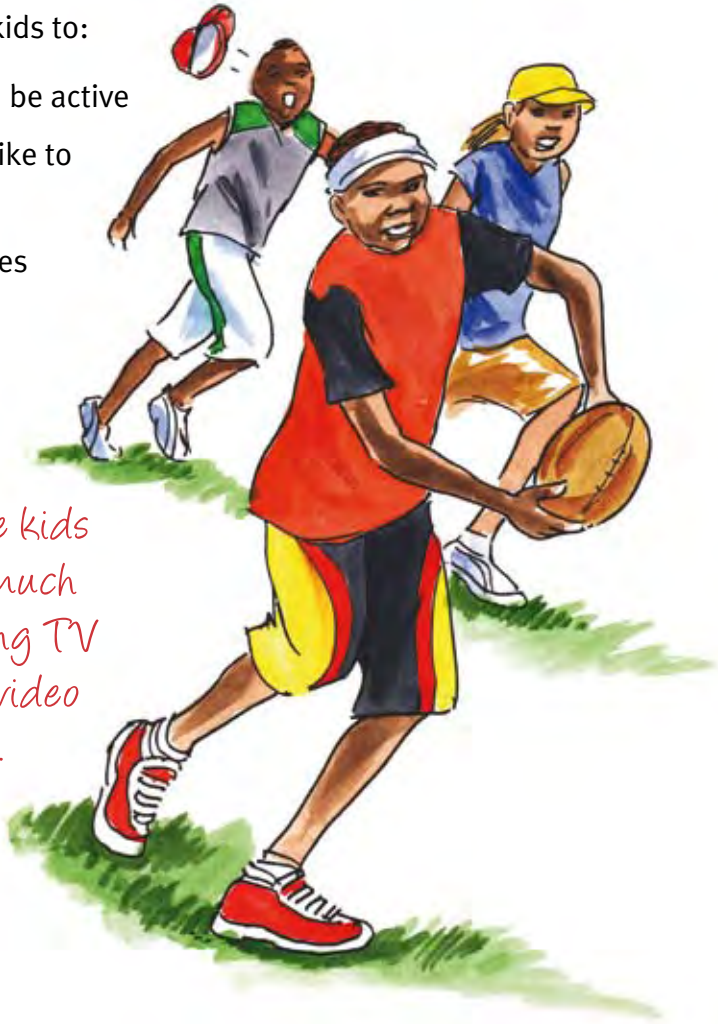
Give the kids
fruit - not
fruit juice.



Don't give children
fruit juice or sugary
drinks like cordial, soft
drinks, sports drinks
and energy drinks.

Being Active

- Once Baby can walk, don't use the pram all the time.
- Kids need lots of physical activity – an hour or more every day. Get out and play active games with the kids.
- Encourage the kids to:
 - Run around and be active
 - Walk or ride a bike to school
 - Play active games with family and friends.



Don't let the kids spend too much time watching TV or playing video games.

Growth Checks

Take the kids for their health checks. Your health worker or child health nurse will check if the kids are growing healthy and not too heavy.



Is your child overweight?

Children who are overweight can have a lot of health problems. They are more likely to get diabetes and other health problems.

Talk to you health worker or doctor if your child is overweight - ask for a referral to a paediatrician or dietitian.



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Note: In this pamphlet we talk about children as boys but all the information in here applies to girls too!

For more information contact your local health worker