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Don’t “hop” off the rails this Easter

If you knew a large chocolate Easter bunny may take the average person more than three hours of moderate walking to burn off, would you still eat it?

This is the question Sunshine Coast Hospital and Health Service Nutrition and Dietetics Department is asking people to think about before indulging on chocolate this Easter break.

Remember the following points whilst enjoying your Easter:

- Smaller portion sizes are so important when temptation is all around us.
- It is important to find the right balance in your diet when it comes to festive holidays that can involve high-kilojoule foods.
- Maintaining healthy habits during the extended break such as daily exercise is one way to balance out the indulgences often associated with Easter.
- Try to incorporate more fruit and vegetables into your diet each day.

Monitoring children’s chocolate intake is also important over the Easter break.

Try to think of alternative gifts or suggest that the Easter bunny deliver a colouring book. Even mix up your Easter egg hunt by including stickers or a small Easter-themed toy.’

The important message is to enjoy everything in moderation.

The Healthier. Happier. campaign aims to help Queenslanders achieve a healthier lifestyle.

For more information and resources visit http://healthier.qld.gov.au

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