

# Overweight children



*Growing Strong* Feeding you and your baby

Great state. Great opportunity.



Queensland  
Government

## Preventing children from becoming overweight or obese

### Breastfeeding

Breastfeed Baby. The longer you breastfeed Baby, the less likely they will be an overweight child.



### Formula feeding

Follow the directions on the tin for making up the formula. Don't force Baby to drink the whole bottle if they don't want to. Give cooled boiled water between feeds.

### Big babies

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

## Healthy foods and drinks for healthy weight

- Feed the whole family healthy food with plenty of vegetables along with fruit, bread, rice, pasta, lean meat, fish and dairy foods.
- Cook healthy – only use a small amount of oil.
- Make sure the kids eat a healthy breakfast – and you too!
- Make water the main drink 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.*



- Serve fresh fruits and vegetables. Tinned and frozen varieties are also good foods.



Give the  
kids fruit –  
not fruit  
juice

- Include traditional foods where possible



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

### Try to avoid:

- Buying junk foods like chips, crisps, cakes and biscuits (you'll save money too!).
- Letting the kids eat meals in front of the TV.
- Using lollies as rewards for the kids – ask other family not to do it, as well.
- Drinking lots of milk – limit to no more than two cups per day.



- 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.

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 – at least three hours, spread throughout the day.

### Encourage the kids to:

- Run around and be active
- Walk or ride a bike to school
- Dance around to music.



Limit the time kids spend watching TV, playing video games, or on the internet and computers to no more than one hour a day.

## 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  
your health  
worker or doctor  
if your child is  
overweight.*



# Growing Strong

## Feeding you and your baby

For more information contact your local health worker  
or call 13 HEALTH (13 43 25 84).



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