

Can You Resist Temptations Over The Christmas Period?

Contributed by Craig - GKA Staff
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Here are some tips from GetKidsActive.com on how to avoid overindulging during the up and coming holiday season:

Fill your fridge and food cupboard with healthier options such as fruit and vegetables, low-fat yogurt and milk, lean meats, dry cereal, and nuts for snacking. Avoid buying cakes, slices, chocolate biscuits, lollies, potato chips, chocolate and fizzy drinks. Your children will see these and just snack on them. By replacing these with fruit and vegetables, if they get hungry they will be snacking on healthier foods.

Be a role model for your child – they will do as you do! Eat healthy and Get Active and give them the right start in life!

Take presents you have received that include fatty foods such as gift baskets of cheeses, chocolates or cookies to work to share.

Set one or two achievable dieting goals, such as switching from normal to low-fat milk.