



Ingrain importance of fitness

In the previous two articles, we dealt with nutrition for babies and subsequently, diet of school going children. Now, in this article, we shall know more about obesity in children. It was quite unheard of a few years ago and is becoming more and more prevalent in upper socio-economic class of India. Preventing excess weight gain in the first place should be the goal rather than start worrying after the child has already become obese. Our traditional Indian diets have been healthy, with a good amount of vegetables and natural fibre. Prosperity has ruined everything; we are now eating more refined sugar, oil (in the form of fried foods) and junk. A correct and nutritious diet will ensure full development of the child's brain, a proportional growth of the body and prevent obesity. To overcome obesity in children, the first to go must be the sweets or chocolates you load your child with as a token of affection or reward. Give your child healthy snacks to carry to school. This acts as a deterrent from eating in the school cafeterias, which usually offer unhealthy food. It's impractical to make a child abstain from sweets and junk food altogether but keep the frequency down to, say, once a week. Most coloured sweets, soft drinks, ice cream, contain a high level of food additives, besides being low in ratio of essential nutrients and calories.

Dr Sham Bhosale

A natural way to discourage unhealthy snacking is teaching your child to snack on fruits. Let the child get used to the taste of raw vegetables from a young age. Also ingrain the importance of physical fitness early in your child and

Dr Sham Bhosale,

MD, DCH, Consultant Pediatrician,
Pune.

To overcome obesity in children, the first to go must be the sweets or chocolates you load your child with as a token of affection or reward. Give your child healthy snacks to carry to school. This acts as a deterrent from eating in the school cafeterias, which usually offer unhealthy food."



encourage him / her to be physically active. Children who follow fitness routine or participate in outdoor sports rarely turn obese and are generally fit and healthy.



Lions Clubs International
DISTRICT - 323 D2



For questions or queries, write to our panel of experts at fitforlife@dnaindia.net