

Set a good example

Keeping your child fit starts with you. Eat right and encourage outdoor activities

During the past two decades, the prevalence of obesity in children has risen greatly worldwide. Obesity is a growing concern because of our lifestyle. Technically, obesity means having too much body fat. Weight is classed as obese when body weight is more than 25 per cent fat in boys and 32 per cent in girls.

What are concerns about obesity?

Being obese increases a child

In addition, overweight children and adolescents are more likely to become obese as adults. One study found that 80 per cent of children who were overweight at 10-15 years were obese adults at 25 years.

How can I help my child lose weight?

According to experts, the most children who are overweight should not be encouraged to actually lose weight. Instead, they are encouraged to maintain their weight, so they gradually

Mealtimes should be family times! Create a relaxed atmosphere around mealtimes. Eat slowly and enjoy your food. Eat together as a family, and avoid watching TV during meals. Families that do not eat together consume more fried foods than families that share meals.

n Be a positive role model. Remember the old adage: Kids do as you do, not as you say. Eat healthy and get active, and your child will, too!

n Think about all the media your child uses: TV, computer, video games and hand-held computer games. These are all activities that replace physical activity in your child

To help your children and family develop healthy eating habits: Provide vegetables, fruits, and whole-grain products, include low-fat or non-fat milk or dairy products, choose lean meats, poultry, fish and beans for protein and limit sweetened beverages.

n Get Moving. Encourage physical activity. As kids move into adolescence, their levels of activity tend to drop. Do things together as a family, like hiking, walking and swimming. Build activity into your family

A diet cookbook. Double mushroom Lianggua Wire

Material: Lianggua (*Momordica charantia*) 150 grams, 100 grams of mushrooms, 100 grams of golden mushrooms, ginger, soy sauce, sugar, sesame oil modest.

Production methods: (1)-Siqi Lianggua into filaments, Fasciolopsiasis into filaments (2) mushrooms Baptist soft Cutter, the end of the golden mushrooms Qiqu Wash (3) Youbaojiangsi after accession Lianggua silk, silk and salt Donggu with Chaodielianggua soft silk (4) by adding Tongchao Flammulina add seasonings Chaojun can be eaten.

Effectiveness: mushrooms, golden mushrooms can reduce cholesterol; Lianggua rich in cellulose, can reduce fat absorption.

Mushroom tofu

Material: 300 g tofu, shiitake mushrooms 3, cabbage, soy sauce, sugar, sesame oil, starch appropriate.

Production methods: (1) the tofu into small pieces Quartet, the Centre hollowing out; (2) Wash the mushrooms Duosui soft foam, cabbage Duosui add meat flavoring materials and starch which is topping; (3) fillings stuffed into tofu center, placed on the steamed dish, Linshang sesame oil, soy sauce can be eaten.

Effectiveness: mushrooms can lower cholesterol, tofu favorable diet.

Wolfberry burning carp

Raw materials: a carp, Chinese wolfberry 12 grams, soya bean oil, shallot, ginger, black pepper, salt, MSG appropriate.

Production methods: (1) carp to offal, to scales, washed Cutter onions, ginger Qiemo (2) Heat pan, carp necessary fuel-Qiaohuang Zhadie add shallot, ginger, salt, black pepper and water, heat slightly short (3) input of Chinese wolfberry burned to heat for 10 minutes, water can be added MSG.

Effectiveness: medlar can prevent arteriosclerosis, fat carp with less favorable diet.

Fungus bean soup

Material: Black Fungus 25 g, 200 g tofu, a little salt, a bowl of chicken soup

Production Methods: (1) the first black fungus after foam wash, tofu into tablets; (2) by adding tofu with black fungus with stewing chicken soup and salt for 10 minutes, can be eaten.

Effectiveness: black fungus and tofu are health foods, can reduce cholesterol

About the Author

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A Site Filled With Healthy Recipes, Nutrition and Weight Loss Topics. Free cook books, detox articles, cancer help, cooking recipes, negative. Also offers heart healthy diet recipes, healthy cooking and weight loss diet plan to lose pounds and for healthy dieting. Portal for fine Mediterranean. Some tips for both health and fitness that will help losing weight, discover ways to maintain a better healthy. Homemade Recipes. Homemade. The Diet Forum provides a variety of articles to help you lose weight. This include low carbohydrate recipes, fast weight loss programs. Tasty Weight Loss Recipes Dieting with joy. Find and share delicious. Below are the most recently posted recipes, weight loss news and selected. WeightWatchers online resources provide delicious Weight Watchers recipes, tips and strategies. Plus the Weight Watchers eTools are Internet. Best of Prevention Get the latest news in health, weight loss, and fitness. Eat Up, Slim Down Recipes and cooking tips to help you fight fat, curb cravings.

This is the popular, downloadable copy of the Mediterranean Diet and its healthy recipes. It has an easy, healthy, achievable weight.

Source: <http://www.productsherbal.com>