

## Ideas to limit ‘occasional’ foods



**‘Occasional’ foods** are those foods not needed by our bodies. They include takeaway foods, fried foods, cakes, biscuits, chocolates, chips, soft drinks and lollies. They are not for everyday eating. Avoid calling these foods “bad”, “junk” or “naughty” as there is a place for all foods in a healthy diet.

Try some of these tips to cut down on the ‘occasional’ foods your family is eating.

- Don’t buy ‘occasional’ foods. If it’s not in the house, your children won’t nag you for it.
- Limit ‘occasional’ foods such as soft drink or takeaways to just one day of the week.
- Plan weekly meals and snacks before you go shopping and shop from a list.
- Don’t shop when you are hungry, you are more likely to buy ‘occasional’ foods.
- When going out, take a nibble bag of ‘everyday’ food choices and bottle of water.
- Don’t reward your child with ‘occasional’ foods, show them attention in other ways such as reading a book or playing a game.
- Learn to say “no” if your children nag for ‘occasional’ foods. Explain that these foods are not for everyday.
- Have ‘everyday foods’ such as breads and cereals, fruit, vegetables, dairy foods, and meat and meat alternatives (e.g. baked beans) on hand at home if your children are hungry.

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- Drink water and plain milk at home and get rid of cordials and soft drinks from the cupboards and fridge.
- Have some pre-cooked meals in the freezer for the times you are too tired to cook.
- Have foods like baked beans, spaghetti, tinned salmon or tuna, frozen vegetables, and pasta at home so you can make quick and easy meals when you are rushed for time.
- Make healthier home-made 'takeaways' such as hamburgers, pizzas, tacos, or jacket potatoes.