



## Health Matters

### Is my child overweight?

Obesity puts a child's health at risk.

Most children who are overweight or obese are happy and confident, but if a child is overweight or obese, they can have serious health problems when they are older, such as diabetes or heart disease. They are also more likely to have a poorer body image and can have eating disorders later in life.

One in three children on St Helena are overweight, one in five are obese.

Many parents are confused if their child is overweight or obese, or just at the 'puppy fat' stage.

It used to be thought that overweight children would grow out of their 'puppy fat' but between 40-70% of obese children will grow up to be obese adults.

If you have any concerns about your child's weight, contact either the Dietician on tel: 23563 or via email:

[georgina.giebner@publichealth.gov.sh](mailto:georgina.giebner@publichealth.gov.sh) or the School Nurse, Elaine Stafford, via email: [elaine.stafford@publichealth.gov.sh](mailto:elaine.stafford@publichealth.gov.sh)



## Healthy Lunch box -Tuna and Bean salad

*This colourful salad is a good way to include fish in your child's lunchbox*

### Ingredients

- 3 tsp olive oil
- Juice of ½ lemon
- Large pinch of dried mixed herbs
- Large pinch of mustard powder
- Large pinch of black pepper
- 1 slice of pepper, chopped
- 2 spring onions, sliced
- 3cm piece of cucumber, chopped
- 1 heaped tbsp canned mixed beans in water, drained
- ½ x 160g can of tuna in spring water, drained (or fresh!)



### Method

1. Mix the oil, lemon juice, mixed herbs, mustard powder and black pepper.
2. Add to the salad vegetables, beans and tuna and mix gently.
3. Double the recipe to use the rest of the can of tuna and save for the next day.
4. Serve with the bread and lower-fat spread.

This would also work well with cold pasta as a pasta salad, instead of serving with bread.

**To serve: 1 thick slice of wholemeal bread and lower-fat spread**

For further information, contact Health Promotion on Tel: 22500 or email Marian Yon - Health Promotion Coordinator via: [marian.yon@publichealth.gov.sh](mailto:marian.yon@publichealth.gov.sh)