

Healthy Food Habits

Not many people in Australia eat too little. Less than 2 per cent of Australians over 25 years of age are underweight. By far the biggest problem in Australia is eating too much!

It is believed that more than half of Australian men and women over 25 years of age are overweight or obese. A person is **obese** when they are more than 20 per cent overweight.

However, as teenagers you should be very careful when reducing the amount you eat. You are growing at a very fast rate. If you have a balanced diet and are careful about the amount of 'extra' food you eat you should be able to remain around the correct weight. A far better way to control weight is to increase your activity. Sadly, modern lifestyles encourage teenagers to become less active as they get older.



Figure 1.11 Food for energy and growth.

