

2s
Daughter overeating

Start family diet to combat obesity

Dr. Ed Meade is a registered psychologist and director of the Markham Stouffville Family Life Centre. In this column, he answers questions from readers who remain anonymous.

A friend in Meade

Dr. Ed Meade



Q. My nine-year old daughter is overweight by about 10 pounds. I have tried restricting her food but she sneaks it when I'm not looking. I tell her that she will regret it when she gets older, but she still eats constantly. Her father is very overweight as well. How can I get

it through to her that eating so much is not healthy and may cause social problems as she gets older?

A. Your awareness of the health problems surrounding obesity may very well help your daughter in the long run. Obesity is a major health hazard. Correct weight in proportion to height and body structure is a basic health factor in longevity.

The body weight often relates to other health factors such as blood sugar triglycerates and hypertension.

Thought it sounds like your daughter is not very overweight, teaching her to become conscious of her eating habits is an important responsibility. Talking with your daughter would be helpful. See if you can clear the air and establish an agreement that she can eat as much as she wants without sneaking any food.

Once you have established an openness regarding her food intake, you could then cook together or set up a diet with her. Healthy balanced foods such as the Pritikin diet suggests include: lots of fish and chicken, small amounts of red meat, lots of green vegetables and fruits, with bran as a basic staple. It is not so much the food intake as it is keeping the body's metabolism in balance. Perhaps you could do this as a

family so that your husband could introduce a more healthy diet into his life.

In summary, reduce the pressure on your daughter to lose weight, join with her in develop-

ing healthy eating habits and make it a family affair.

Questions may be directed to the Markham Stouffville Family Life Centre, 113 Main St. Markham.

Song without a tune

(To All My Students)

By VIOLET STEWART
Music is like a river
Flowing onward to the sea,
And when, with every
broadening view
It joins the symphony

As we listen to its harmonies,
It takes us like a dove,
To fly across the mountain
tops
With the azure sky above

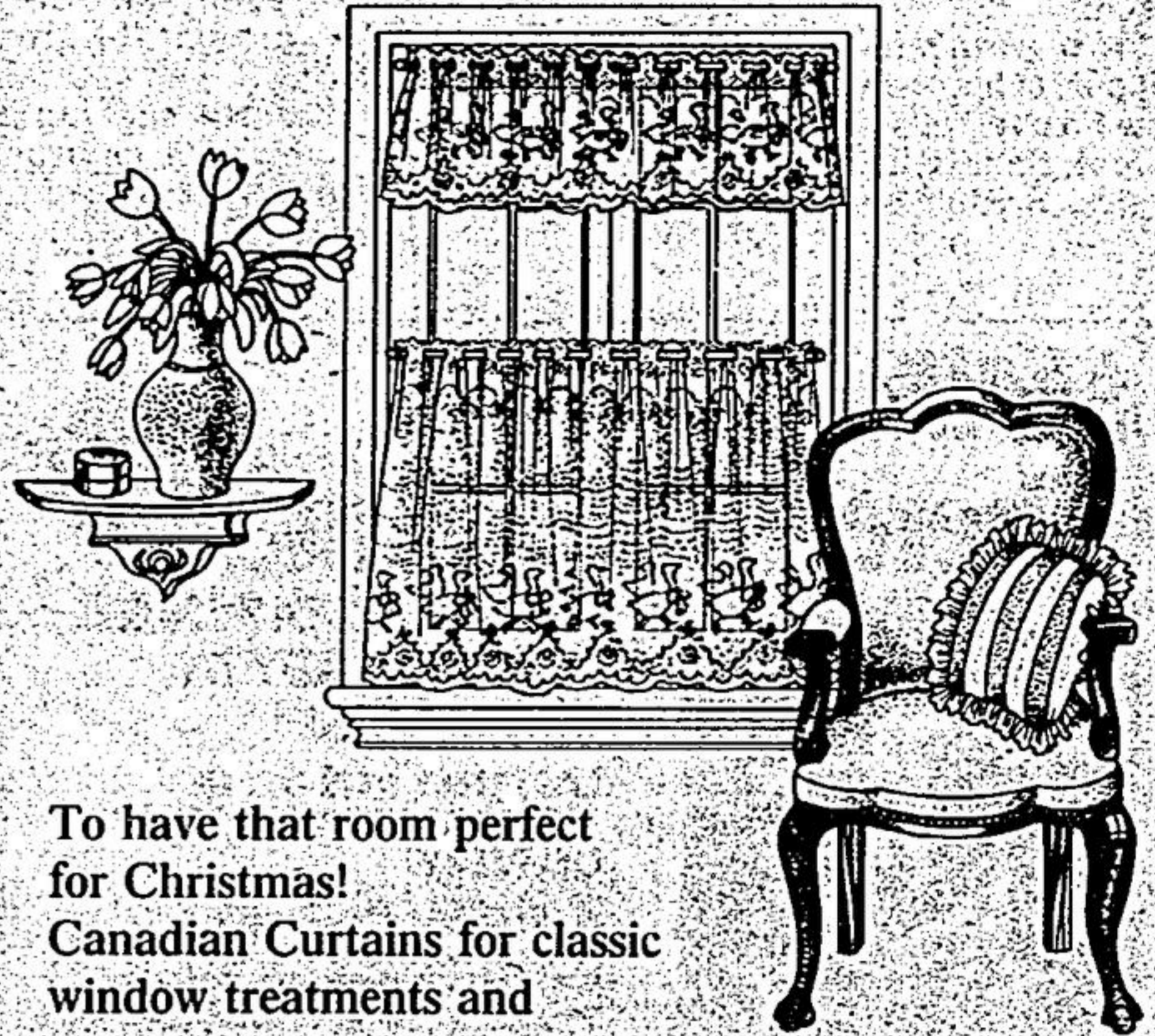
The essence of its beauty
We must try to understand,
As when from instruments of
brass,
We listen to a band

With the piano and the organ,
And string instruments today,
It surely is a privilege
For us to learn to play

If we diligently practice
Our lessons every day,
And pay attention to the rules,
We're sure to find 'the way'

From this we'll blossom as we
grow,
Scattering beauty far and
wide,
And slowly rise to loftier
heights,
Like tall trees on a mountain
side

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