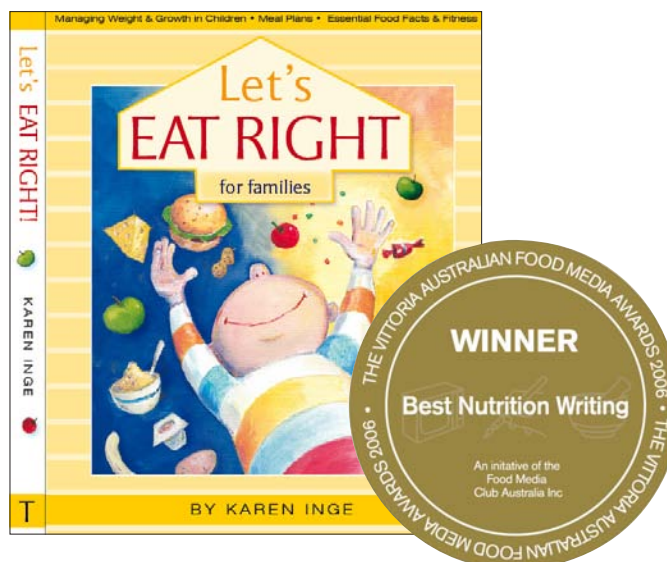


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LET'S EAT RIGHT  
by Karen Inge

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**WINNER: 2006 FOOD MEDIA AWARDS  
'BEST NUTRITION WRITING'**



**TITLE:** Let's Eat Right [revised and updated 2006/07 edition]  
**FORMAT:** 225 x 160mm portrait, 136 pages + dividers,  
illustrated throughout, half-canadian wiro binding.  
**AUTHOR/ARTIST:** Karen Inge and illustrated by Peter Viska  
**RRP:** \$19.95

**ABOUT THE BOOK**

Tackling the childhood obesity epidemic head-on, here is a family-friendly book packed with sound advice on nutrition and health for growing children. Written by award-winning Australian dietitian Karen Inge, it presents up-to-the-minute information in a nurturing and encouraging way. While extremely informative, it is neither judgemental nor patronising, and it is a book all the family can learn from and enjoy.

Divided neatly into sections, with colourful tabbed divider pages and charmingly illustrated, it works brilliantly as a handbook, ready for use at all times. It includes simple fitness tips, food plans and recipes. At the same time, it never fails to acknowledge that growing children's needs differ to those of adults, and that those needs must be catered for in an appropriate way to ensure healthy growth and a healthy future.

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LET'S EAT RIGHT  
by Karen Inge

'Parents today are panicking about their children being or becoming overweight,' says Karen Inge, author of *Let's Eat Right!* Tackling obesity is more than just a matter of what you eat and how much. It also involves issues related to food choices at home and in school, physical education in schools, and urban design – and that's not going to change tomorrow.

'What's needed is user-friendly, humorous, motivational information about healthy eating and exercise right now – a no-preaching, no-pressure, no-guilt approach,' says Karen Inge. So she wrote a book that she says she has always wanted to write. It is bright, fun, presents information in a light-hearted, easy to understand way, with amusing pictures and lots of useful tips and hints, rather than prescriptive advice.

### TIPPING THE BALANCE

So what are Karen Inge's five tips to make a major impact on families?

1. Be informed. Know what foods and nutrients your children need and why, to manage their-growth. Understand why they need calcium, protein, zinc, iron, and energy, and where to find-them.
2. Get together. Make your family more active with lots of short bursts of easy, fun activity. Take the stairs, walk the dog, or ride bikes together. Try things they are good at to build self-esteem. Also, include children in food selection and preparation so they learn about the value and importance of food – and how much fun eating and preparing food can be.
3. Choose variety. Eat a wide variety of foods, including 'superfoods' like yogurt, beans, oats, and kiwifruit. And don't give up carbohydrates, which are essential for physical and mental energy. Choose 'good' carbs like fruit, vegetables, whole grains, legumes, and low-fat dairy over 'bad' ones like sweets. Eat breakfast, since it gives you energy to get through the day without snacking on the 'wrong' foods later. And drink plenty of water. Remember that if you eat well, you'll feel great.
4. Downsize now. Serve family meals smorgasbord-style on self-serve platters, so children can-choose what they need. Children have a good sense of how much or how little food they need – an ability they lose as they grow older. Beware portion distortion. A serving of ice cream or a bottle of soda today can be several times larger than sizes in the past. Keep serving sizes modest and don't overeat. And eat together as a family as often as possible.
5. Be positive. Encourage a positive body image by setting a good example. Love your own body and appreciate what it can do, rather than what it looks like. Healthy families come in all shapes and size! Karen urges parents and school authorities to stop lumping the responsibility of childhood obesity on each other. 'At home, with the whole family, is where it's all happening,' says Karen. 'And the key is setting the right foundations from the beginning.'

## **MEDIA INTERVIEWS**

Karen Inge is well known for her ground-breaking work in sports and family nutrition. She is one of Australia's leading Accredited Practising Dietitians with a successful nutrition consultancy, the Institute of Health and Fitness in Melbourne VIC Australia.

With more than 20 years of experience in the media, Karen is skilled at effectively communicating, nutrition, food, and health messages to a wide range of audiences. Currently Karen is the nutrition writer for *Australian Women's Weekly* – the highest circulation women's magazine in Australia – and the *Australian Women's Weekly* website. She has a weekly talk-back segment on one of the top-rated Australian radio shows [with Ernie Sigley on 3AW every Monday], and she is regularly utilized as a spokesperson by other media, who rely on her expert nutrition knowledge and superb interviewing skills.

In addition to *Let's Eat Right*, Karen's other books include the award-winning *Food for Sport* and *Food for Sport Cookbook*, as well as *Food, Fitness and Feeling Good*. She has also contributed to other books including the state-of-the-art textbooks *Clinical Sports Nutrition* and *Clinical Sports Medicine*.

## **SPORTS NUTRITION**

While experienced in all areas of nutrition, Karen is a founding developer of sports nutrition in Australia. From initial beginnings as the first dietitian to an AFL club, Karen's sports nutrition work culminated in her roles as founding committee member and then President of Sports Dietitians Australia, and her current position as Head of Sports Nutrition at the Victorian Institute of Sport.

She recently completed her appointment as Nutrition and Dietetics Coordinator for the Commonwealth Games 2006, where she was responsible for coordinating sports nutrition and dietetic services to elite athletes from 71 countries. She was the first Dietitian to be awarded a Fellowship of Sports Medicine Australia. In 2005, she was awarded an inaugural Fellowship of Sports Dietitians Australia for outstanding achievements and contribution to sports nutrition education. She also sat for three years on the advisory board of the Centre for Health, Exercise and Sports Medicine Research and Education, University of Melbourne.

Karen has advised many world champions, including Cathy Freeman in her bid for the Gold Medal in the 400m at Sydney 2000 Olympic Games. She has also worked with the Victorian and Australian Women's Artistic Gymnastics Team in their preparation for the 1996 and 2000 Olympics; the medalwinning Australian Women's Basketball Team (Opals) for the 2000 Olympics; Melbourne Magic Basketball Team for seven years; and the Australian Ballet Company and School for seven years. In addition, she spent seven years with the Collingwood Football Club and eight years with the Hawthorn Football Club as their sports dietitian.

Karen was a member of the Sydney 2000 Olympic Menu Review Committee and assisted with the Nutrition Information Booth in the athletes' dining hall.

## **OTHER PROFESSIONAL ACTIVITIES**

Karen lectures widely to the medical and dietetic professions; to the corporate, education, and sporting communities; as well as the general public. In addition, she provides specialist consultancy services to the food industry, chairs the Spotless Catering Advisory Board for EDDI Lunchbox (a healthy-eating program for school cafeterias), and is one of two Australians on the International Medical Advisory Board for Jenny Craig Weight Loss Consultants. Karen's professional interests have expanded to include older Australians, with her appointment as Director of Lifestyle and Good Health for the Zig Inge Group, pioneers in retirement living. Her Wellness program is delivered to retirement villages across Australia.