

best in show



A visit to the Royal Easter Show doesn't mean that you have to fill up on deep-fried fast food. This year, take the opportunity to try some of the fresh local produce on offer.

By **Kate Newman**



FAST FOOD CHOICES vs HEALTHY CHOICES

deep-pan cheese pizza (one slice) - 280 calories	OR	thin-crust cheese pizza (one slice) - 200 calories
250g steak - 610 calories	OR	barramundi steak - 420 calories
hot chips - 540 calories	OR	corn on the cob (with butter) - 155 calories
caramel popcorn - 152 calories	OR	salted popcorn - 31 calories
strawberry ice-cream (one cup) - 254 calories	OR	strawberry sorbet (one cup) - 89 calories
sugared donut - 192 calories	OR	plain muffin - 125 calories



Treat yourself with fairy floss but fill up on healthy salads (left) and fresh seafood and produce (below right) also available at the Royal Easter Show.



EDUCATE YOUR CHILDREN ABOUT FOOD

- Explain to them the connection with the food they eat at home and the fresh fruit and vegetables on display.
- Make sure they understand that locally grown produce that hasn't spent hours in transit not only tastes better, but also contains less of the chemicals needed to lengthen shelf life and saves on fuel too, making it better for you and the environment.
- Encourage them to taste things that they otherwise wouldn't get a chance to try at home; a healthy diet begins with variety.

also an educational area called The Hub where children can discover where their food comes from and can even learn how to milk a cow.

"It is one of the most important parts of the show; we're passionate about showing people where their food comes from," says Collins. "We make sure that the food that wins prizes at the show is available to the public, so that they are able to taste the difference between a homemade prize-winning cheese or ham and the stuff they buy in the supermarket."

in the know

And with nearly 60 per cent of adult Australians at obese levels and 30 per cent of our kids following in their footsteps, the vast majority of us need to practise careful eating, yes, even at the Easter Show.

"Too many people allow themselves to over-indulge on special

occasions up throughout the year that is an awful lot of overeating," says Radd.

"One of the best ways to avoid over-indulgence is to plan before you're faced with any situation or event where you know you'll be tempted. Set limits for yourself and the kids before you leave; tell them they can have one treat and one show bag and stick to it," suggests Radd.

Radd urges show-goers to stay away from fried food. Trans fatty acids are your new worst enemy and they're in most of the fried food we eat.

"Fried, fast food is the worst thing you can eat because it invariably contains trans fatty acids which are worse for you than saturated fat. Not only do they send your levels of bad cholesterol soaring, but they actively destroy any good cholesterol in your body," says Radd.

Unfortunately you also need to be aware of some of the so-called healthy

"A salad is a good choice, but be careful of too much fatty protein like cheese, and don't pile on the creamy dressings. You should go for one that is largely made up of raw vegetables in a rainbow of colours and use only a light dressing," says Radd.

And although the new, popular juice bars are certainly a better place to visit than the soft drink van because juices contain vitamins and phytonutrients that soft drinks don't, be aware that they can be high in kilojoules.

"A large-size juice is basically the same as a meal of a sandwich and some fruit. Choose something like carrot, celery and apple, which is less calorific and provides a good array of nutrients, and just have a small size," says Radd.

So go and have a great time at the Show, enjoy the traditional Show food, but take the opportunity to educate yourself and your family on all the good, healthy things there are