

Few SA moms worried about overweight kids

Half of South Africa's children are overweight but only a fraction of their mothers are concerned. An online survey by Nestle South Africa to probe South African families' breakfast habits, has revealed some surprising results. Astoundingly, only 6% of mothers believed their children were overweight.

But when looking at the bigger picture, South Africa is on its way to overtaking America as the world's fattest nation. Nearly half of South Africans over the age of 15 are overweight or obese.

When parents were asked if they sent their children off to school with full tummies, the majority responded positively. However, 95% worried their children were leaving home with a less than nutritious breakfast and they were concerned this would negatively impact their performance at school.

Most parents think they should be feeding their children fruit and yoghurt, believing this to be the healthiest breakfast option. While yoghurt and fruit is a good choice, it's a meal that contains 45g of sugar - more than three times the amount of sugar found in a bowl of sweetened cereal with milk.

Parents are aware of the health benefits of whole grain cereals. Just under half the respondents in Nestle's survey said they felt happier when their children ate whole grains for breakfast. Oats were an especially popular choice. Whole grains contain essential vitamins, minerals and fibre for good health.

Source: The Herald

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