

What is your child EATING?



Recently a case was filed in a Manhattan court blaming junk food and McDonald's for increasing obesity among American children. Though the case was dismissed, the link between junk food and adipose has been medically proven. We decided to follow five children as they snacked on their favourite junk foods, calculated their calorie intake for that particular meal, and got a nutritionist to comment

Text: Kavita Krishnan; Pictures: Shashi Kant Bajpai

1. THE KIDS



Hasan Kudia, 7



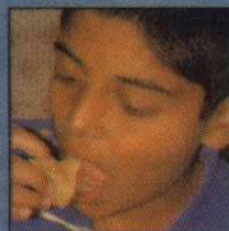
Ashtad Kohinoor, 5



Riri Kamath, 3

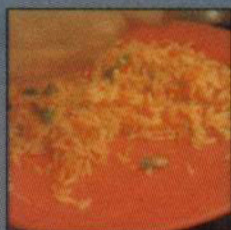


Kaushal Shah, 18



Nigel Buthello, 10

2. WHAT THEY ATE



Fried rice



Chicken burger, french fries and a Fanta



French fries



Grilled vegetable sandwich



Bread, chapati, green vegetables, fish and beef

3. THE CALORIE COUNT

150

587

150

400

725

4. WHAT THE NUTRITIONIST SAYS

JYOTI LALWANI, HEAD OF DIETARY SERVICES DEPARTMENT, P D HINDUJA NATIONAL HOSPITAL AND MEDICAL RESEARCH CENTRE



- The hygiene at roadside Chinese stalls is questionable.
- Contains too much ajinomoto (monosodium glutamate), which, in excess, is harmful. Ajinomoto is banned in the West.
- No proteins and hardly any vitamins due to lack of vegetables
- Too much oil
- Not enough fibre

- The bread used to make the burger comprises refined flour, which means the child is getting less fibre.
- Contains less chicken, so there is little protein intake.
- Contains more preservatives and fats.
- Contains no iron or calcium, which growing children need.

- The child will gain nothing except carbohydrates and fats.
- The meal has no protein content whatsoever.

- The sandwich is prepared with bread that is very low in fibre.
- It contains too many calories and too much fat and preservatives.

- The meal is balanced, except for the fact that beef makes it high in fat content.
- The fish gives proteins, the breads provide fibre and the vegetables contain vitamins.