



JOIN OUR 7 DAY POO CHALLENGE

To improve your child's bowel movements by having their poos looking like sausages in 7 days.

WHO

For children **aged 4 to 13** (and anyone over this age really!).

HOW

Using our resources, write out a **high fibre** menu plan for everything your child is to eat and drink for one week, then have them follow the plan. The trick is to get your kids involved in the planning, shopping and cooking of their food. Our resources and recipes will guide you.

WHY

Up to **30%** of Australian children are **CONSTIPATED.**

Sometimes it becomes so bad that they need to be hospitalised to help remove the blockage. Research shows 83 per cent of Australians aren't getting enough fibre in their diet and a high proportion of their fibre intake is coming from junk food. People who are overweight or obese generally have less than the recommended amount of fibre in their diet.





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OBESITY STATISTICS

25% of Australian children and 67% of Australian adults are **overweight or obese**. The World Health Organisation (WHO) reported that globally, 39 million children under the age of 5 were overweight or obese in 2020.

Obesity related health conditions include Type 2 Diabetes Mellitus, heart disease and some cancers.

Obesity is preventable and education is key in keeping a healthy weight.

GUT HEALTH

The science on gut health is still emerging however there are some very strong associations between gut health, obesity and mental health.

GUT HEALTH AND OBESITY

There is current evidence that supports the potential role of the **human gut microbiota** in obesity. It suggests that the bacterial composition of gut microbiota differs between obese individuals and those of a healthy weight. Our Western-style diet which is high in fat and refined carbohydrates (sugars) may promote increased intestinal bacteria that is linked to obesity.

FOOD AND MOOD

Research shows that half of mental illnesses can start to appear before the age of 14.

It also shows a healthy diet is consistently associated with a reduced risk of depression, while an unhealthy diet; one that is higher in processed foods and risk nutrients (sugar, saturated fat and sodium) has an increased risk of depression and anxiety.

THE GOALS

Our 7 Day Poo challenge is not only about having healthy poos. It is also about reaching and maintaining the following goals:

- To have healthy, sausage shaped poos within 7 days.
- To empower your child with the skills and knowledge to make healthy food choices for life.
- To maintain a healthy weight throughout life.
- To reduce the risk of obesity related health conditions in your child while they are young and as they grow into adults.
- To encourage good gut health to reduce the risk of poor mental health as they age.

SHARE THE LOVE

Share your success stories and photos of the food you cook with your kids on our Facebook and Instagram pages. Let us inspire each other with healthy recipes that kids love to eat!





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THINGS TO KNOW

A high-fibre diet may not prevent or cure constipation unless you drink enough water every day and it may cause abdominal discomfort. Make water your main drink throughout the day.

WATER GUIDELINES

Water requirements may vary depending on physical activity and health conditions:

Children up to 8YO – 4-5 glasses daily



Adolescents – 6-8 glasses daily



Women – 8 glasses daily



Men – 10 glasses daily



Increasing fibre in your diet won't help with weight loss or maintenance if you continue to eat highly processed food that is energy dense and nutrient poor.



Eating a diverse range of fibres from wholefood sources such as wholegrain cereals, legumes, vegetables and fruit has other health benefits such as lowering cholesterol and blood sugar levels.



Eating a balanced diet high that is high in fibre will help with weight loss without feeling consistently hungry.



If your child's poo doesn't look like sausages within 7 days, don't panic. For those who have had long term constipation it may take a little longer. Continue with the meal planning and if you still experience constipation issues it's important that you ask your Doctor for a referral to see an Accredited Practising Dietitian or Paediatrician.

