



Child Obesity Management, Education & Research Program

Koala Home

Koala Clinic

For Parents & Families

For Health Professionals

Research

Koala Active Kids Club

Email Koala



L is for a Living life-giving Diet

What you eat is what you are! And what you will become.

Being Healthy means Eating Healthy.

Some Living Life-giving diets sites

[Eat Well Be Active](#)

Queensland Association of School Tuckshops ([QAST](#))

2 and 5 Fruit and Vegie Campaign

Look at this great Quicktime Movies:

[Vegie Man is so Cute!](#)

[Dame Edna](#) - wow look at Dame Edna's Pinocchio Carrot nose!

[Stir me Fry](#) - what an easy way to cook and have a yummy tummy too.

[Salad me Over](#) - I didn't know salads were that yum-tritious.

[Heart Foundation](#)

[Low GI Index foods](#)

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