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# Learning about balanced diets

## Teens shop their way to a healthier lifestyle

**T**HE Sunway Medical Centre's LEAN (Life-Changing Education through Activity and Nutrition) Club held its second Supermarket Challenge at Sunway Pyramid's Jusco Supermarket recently.

The exercise presented 29 overweight youngsters and their families with the task of shopping their way to a healthier lifestyle, and is a part of the hospital's six-month programme to encourage today's youth to adopt a conscious mindset of eating healthily.

The LEAN Club Supermarket Challenge started off with a guided supermarket tour by Sunway Medical Centre's team of dietitians.

Participants were educated on the nutritional value in each food group, along with handy tips on how to incorporate a variety of food choices into a wholesome, daily diet.

Following that, the youngsters were given an hour to start stocking their shopping baskets while answering a short list of questions provided.

The winning team for this round comprised Rachel, Terence, Mustafiq, Mohd Danial and Sydney from the BREAD group, which was selected for having the basket that best fulfils the main guidelines of a healthy diet - balance, moderation and variety.

"We're happy with the LEAN Club's success which is now in its second year of implementation.

"It is great that the programme incorporates an element of fun in diet education, aimed at promoting a better understanding and deeper appreciation of healthy eating practices," says LEAN Club lead clinician and consultant paediatrician at the medical centre, Dr Chow Su Lin,

The LEAN Club helps youngsters achieve and maintain a healthy weight by advocating the practice of eating and living well. The club's programme includes many activities such as hands-on cooking sessions, weekly exercise, camps and one-on-one counselling.

These activities are run completely by the LEAN Team, comprising resident paediatricians, dietitians, psychologist, sports therapist and recreational coordinators of the medical centre.

This year alone, the medical centre is sponsoring 50 children of Sunway Group's staff and 50 students of SMK Bandar Sunway to take part in the programme.

Dr Chow added that through the club, Sunway Medical Centre hoped to help address the issue of obesity in Malaysia, which is known to lead to fatal diseases such as cardiovascular problems, diabetes, stroke and heart disease."



All smiles: The BREAD Group after winning the challenge.



Not easy: The Bread group trying to break the code during the Supermarket Challenge.