

changing their habits," she says.

One of her key messages is that product labelling is a form of advertising and we shouldn't believe all we see on the labels of our favourite products. "I tell people that they need to realise that even the packaging on the food they buy is advertising – it tells you what the advertisers want you to know about their product, but it doesn't tell you everything you need to know.

"Good eating is about getting back to basics and filling our fridges with fresh fruit and veges. It's shocking to me how many fridges contain no fruit and veges.

"People also need to realise that it is possible to prepare food quickly, that's fun and can be enjoyed by the whole family.

"Often when I go to people's homes they will tell me that particular foods are for the kids or

for visitors. But if that food is not good for you is it good for your kids or your visitors?"

It's a question that tends to put people on the spot. Among them are Sunshine Coast couple Billie and Mark Robinson. They decided that if these foods weren't good for them they should not be giving them to their children either. So out went the packaged cereals except for Vita Brits.

Billie admits considering cleaning up the fridge and pantry before Bridget's visit but decided to be honest with herself and let Bridget see what they were really eating.

After going through the pantry and fridge, Bridget took Billie shopping. "I thought it was going to cost a fortune. But we have worked out that we are saving about \$100 a week, especially when you take into account the money we are not spending on takeaway,"

Billie says.

And that, says Bridget, is an important point. "People say to me all the time that good food costs too much, but if they consider how much they spend on packaged and processed foods, and maybe cigarettes, they would realise that fresh, healthy food is comparatively much more affordable."

Billie and Mark say Bridget has changed their lives forever. "We are much happier. We spend time together preparing our dinner each night instead of taking it in turns to go out and buy take away."

But with 60 percent of adults and 30 percent of children in Australia overweight, there are plenty of households in dire need of Bridget's attentions.

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