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Lunch Box Basics

My Philosophy

As a dietitian, I am passionate about assisting families with the variety of dietary challenges that face us today. There are so many myths and misconceptions that can cause adults and children to form unhealthy relationships with food. I believe it is important to always emphasize that foods are not “good” or “bad”. Food serves a functional role in our bodies but should also be appreciated for the joy it can give us.

Feeling comfortable with and being able to enjoy ALL foods in moderation is one of the most important things you can teach your children.

What to choose?

- It is always best to choose whole, unprocessed foods more often. Life can be busy and chaotic so occasionally including processed foods we find in boxes and packets is absolutely fine.
- When choosing these foods, try to have a look at the ingredient list. If most of the ingredients are foods or items you know, then choose to include this product.
- Don't only focus on the sugar content of foods. Look at where sugar falls in the ingredient list and if its naturally occurring or added. The fibre content of foods is something to consider too.



INGREDIENTS		
Maize · Flavouring [Vegetable oil [Palm fruit oil · Antioxidant: TBHQ] · Milk solids [Whey powder] · Salt · Maltodextrin · Yeast extract · Creamer [Vegetable fat [Palm fruit · Antioxidant: BHA] · Glucose · Emulsifiers · Acidity regulator · Anti-caking agent · Stabiliser] · Flavourings · Sugar · Acidity regulators · Flavour enhancer [Nucleotides] · Extracts of spices [Paprika oleoresin] · Anti-caking agent · Vegetable powder [Onion bulb] · Colourant [Annatto] · Spices [Black pepper]].		
ALLERGENS		
Cow's milk. Made in a factory that uses gluten and soya.		
TYPICAL NUTRITIONAL INFORMATION		
Average values	Per 100 g	Per 25 g serving
Energy	2140 kJ	535 kJ
Protein	6,2 g	1,6 g
Carbohydrates of which total sugar	60 g, 0,0 g	15 g, 0,0 g
Total fat of which: Saturated fat	26,7 g, 12,1 g	6,7 g, 3,0 g
Trans fat	0,0 g	0,0 g
Monounsaturated fat	11,4 g	2,9 g
Polyunsaturated fat	3,2 g	0,8 g
Cholesterol	0 mg	0 mg
Dietary fibre#	3,0 g	0,8 g
Total sodium	680 mg	170 mg
Information for ready to eat product. #AOAC 991.43		

STORAGE
STORE IN COOL, DRY PLACE.

www.woolworths.co.za
Specially produced for Woolworths (Pty) Ltd., 93 Longmarket Street, Cape Town, South Africa
Consumer Helpline: 0860 022 002
PRODUCT OF THE REPUBLIC OF SOUTH AFRICA

HALAL S.A.N.H.A. S-0310

BAG PLASTIC NOT CURRENTLY RECYCLED

CPAL19804

There are a number of unfamiliar ingredients and the ingredient list is very long.

This product has no direct sugar content but this does not mean it's a food to consume often.

For some products consider the fibre content. This product has a low fibre content so should be included less often.



INGREDIENTS		
Vegetables* [Sweet potato · Carrot · Butternut · Beetroot] · Vegetable oil [Canola · Maize germ · Antioxidant: TBHQ] · Salt · Rice flour.		
*In variable proportions according to seasonal availability.		
ALLERGENS		
This product has been made in a factory that uses cow's milk, gluten and soya.		
VEGETARIAN		
TYPICAL NUTRITIONAL INFORMATION		
Average values	Per 100 g	Per 36 g serving
Energy	1783 kJ	642 kJ
Protein	6,3 g	2,3 g
Carbohydrate of which total sugar	58 g, 29,4 g	21 g, 10,6 g
Total fat of which saturated fat	17,0 g, 1,9 g	6,1 g, 0,7 g
Trans fat	0,0 g	0,0 g
Monounsaturated fat	8,2 g	3,0 g
Polyunsaturated fat	6,9 g	2,5 g
Cholesterol	0 mg	0 mg
Dietary fibre#	6,7 g	2,4 g
Total sodium	421 mg	152 mg
Information for ready to eat product. #AOAC 991.43		
*At least 40 % less fat than Woolworths Ridged Cut Potato Crisps Fruit Chutney Flavoured. This product % Fat = 17.0 % and Woolworths Ridged Cut Potato Crisps Fruit Chutney = 30.8 %.		

STORAGE
STORE IN AN AIRTIGHT CONTAINER AFTER OPENING.

www.woolworths.co.za
Specially produced for Woolworths (Pty) Ltd., 93 Longmarket Street, Cape Town, South Africa
Consumer Helpline: 0860 022 002
PRODUCED IN THE REPUBLIC OF SOUTH AFRICA

HALAL IT 4250

BAG PLASTIC NOT RECYCLED

PAREV

The ingredients are familiar and the ingredient list is short

This product appears to have a high sugar content but this is due to the naturally occurring sugar in the root vegetables. There is no sugar indicated in the ingredient list.

This product has a better fibre content. Usually higher than 2-3g per serving means the fibre content is meaningful.

The lists on the next page give foods to include more often and less often. Try to include a food item from each of the 3 main groups at each meal and snack.

Shopping List

Remember that leftovers from homemade meals are also excellent choices

	More often	Less often (1-2 x week)
<p>Energy Foods</p> <p><i>Functions:</i></p> <ul style="list-style-type: none"> • Provide energy for your brain & body • Help support digestion 	<p>brown/wholewheat bread brown bread roll large brown pita bread mini brown wraps large brown wraps</p> <p>rice crackers rice cakes popcorn baby potatoes pretzels Provitas</p>	<p>vegetable chips sweet biscuits Cheddars cereal bars</p>
<p>Build & Repair Foods</p> <p><i>Functions:</i></p> <ul style="list-style-type: none"> • Repair & build body tissues • Support body functions • Maintains fluid and pH balance 	<p>chicken fish eggs white cheese mince yoghurt peanut butter</p>	<p>fish fingers dried wors sausage ham biltong meatballs burger patties salami sticks milk</p>
<p>Prevent Sickness Foods</p> <p><i>Aim for at least 3 different colours per day</i></p> <p><i>Functions:</i></p> <ul style="list-style-type: none"> • Supports immunity • Keeps the digestive system healthy. 	<p>bananas citrus fruit pears apples grapes berries plums nectarines mango pineapple watermelon</p>	<p>dried fruit fruit rolls fruit flakes juice box</p>
	<p>cucumber tomato baby corn carrots mange touts snap peas peppers</p>	
<p>Also include</p> <p><i>Functions:</i></p> <ul style="list-style-type: none"> • Insulation & energy storage • Vitamin absorption 	<p>cream cheese hummus mayonnaise seeds/seed crackers</p>	

Last Minute Lunchboxes

It is important to think ahead and plan your son's lunchboxes for the week as regularly as you can. Sometimes you may forget or find you haven't had time to go shopping.

Some things to always keep on the shelf or in the freezer at home:

Freezer

- ✓ Bread
- ✓ Muffins
- ✓ Meatballs
- ✓ Biltong

Shelf

- ✓ Peanut butter
- ✓ Dried fruit like raisins or dried apple
- ✓ Microwave popcorn
- ✓ Snack bars

Shopping at a convenience store on the way to school:



Lunchbox Example 1

Please note that these portions are a guide

Morning Snack

(this can sometimes be a little bigger to allow for an early sneaky snack)



- 1 slice bread
- 1 Tbsp peanut butter
- Small handful pretzels
- ½ pork sausage
- 2 fruit rolls
- Small handful veg

Morning Snack & Lunch



ADD ON:

- 1 slice bread
- 2 Tbsp peanut butter
- 100g yoghurt
- 1 nartjie

Morning Snack & Lunch & Afternoon Snack



ADD ON:

- 2 cups popcorn
- 2 x 10cm dried wors

**please remember when sending cooked and cooled foods to school to be mindful of food safety and pack an ice-brick*

Lunchbox Example 2

Please note that these portions are a guide

Morning Snack

(this can sometimes be a little bigger to allow for an early sneaky snack)



- 3 mini brown wraps
- ½ palm size chicken
- 1 Tbsp mayonnaise
- Small handful cheese blocks
- 1 apple
- Small handful (1/2 pkt) cheese biscuits

Morning Snack & Lunch



- ADD ON:**
- 2 cups popcorn
 - 4 meatballs
 - Small handful cucumber
 - 1 nartjie

Morning Snack & Lunch & Afternoon Snack



- ADD ON:**
- Small handful rice crackers
 - 100g full cream yoghurt

**please remember when sending cooked and cooled foods to school to be mindful of food safety and pack an ice-brick*

Lunchbox Example 3

Please note that these portions are a guide

Morning Snack

(this can sometimes be a little bigger to allow for an early sneaky snack)



4 fish fingers

Small handful of veg

1 banana

Small handful (1/2 pkt)
cheese biscuits

Morning Snack & Lunch



ADD ON:

1 slice bread

2 slices cheese

1 cup popcorn

Morning Snack & Lunch & Afternoon Snack



ADD ON:

1 slice bread

2 slices cheese

1 apple

**please remember when sending cooked and cooled foods to school to be mindful of food safety and pack an ice-brick*

Some common questions



My son's lunchbox always comes back full. What am I doing wrong?

If his lunchbox comes home full most days, it is important to continue to pack regular meals and snacks. Even if its small portions to avoid him feeling overwhelmed. Always pack a small portion of something you know he enjoys and will eat. It may also be helpful to have a snack on hand when you fetch him in the afternoon to eat on the way home or offer his leftover lunchbox in the car if there is enough time before supper. School can sometimes be busy and overwhelming which will affect your son's appetite. Also make sure he is passing stools daily. If you are concerned about his growth and any loss of weight, please speak to a doctor or dietitian.



My son hates most vegetables. How can I change this?

Don't give up!

- Try to continue to expose your son to different vegetables and salad. Even in small amounts.
- Usually earlier in the day when they are less tired is the best time.
- Make sure these foods are available often for the whole family. Parents (Dad's included) must at least try eating these foods too.
- Try to avoid hiding vegetables in meals. This can form distrust and make them reject the whole dish. Start to explain what vegetables do in our body. For example, "orange foods help us to see in the dark – don't you want to have that superpower?".
- Remember we are never too old to learn to like new foods!

For any further information or assistance please email me on amyb.dietitian@gmail.com