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Lunch Box Basics

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My Philosophy

As a dietician, 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.



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.

Total sodium

nformation 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 %.

Shopping List

Remember that leftovers from homemade meals are also excellent choices

	More often	Less often (1-2 x week)
Energy Foods	brown/wholewheat bread	vegetable chips
Lifergy Foous	brown bread roll	sweet biscuits
<u>Functions:</u>	large brown pita bread	Cheddars
• Provide energy for your	mini brown wraps	cereal bars
brain & body	large brown wraps	
Help support digestion	0 1	
	rice crackers	
	rice cakes	
	popcorn	
	baby potatoes	
	pretzels	
	Provitas	
Build & Repair	chicken	fish fingers
•	fish	dried wors
Foods	eggs	sausage
Functions:	white cheese	ham
Repair & build body	mince	biltong
tissues	yoghurt	meatballs
• Support body functions	peanut butter	burger patties
• Maintains fluid and pH		salami sticks
balance		milk
Prevent Sickness	bananas	dried fruit
	citrus fruit	fruit rolls
Foods	pears	fruit flakes
Aim for at least 3	apples	juice box
different colours per day	grapes	
- ··	berries	
Functions:	plums	
Supports immunity	nectarines	
Keeps the digestive	mango	
system healthy.	pineapple	
	watermelon cucumber	
	tomato	
	baby corn	
	carrots	
	mange touts	
	snap peas	
	peppers	
Also include	cream cheese	
Functions:	hummus	
 Insulation & energy storage 	mayonnaise	
Vitamin absorption	seeds/seed crackers	
	Jeed Jeed Cruckers	

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

<u>Shelf</u>

- 🗹 Bread
- 🗹 Muffins
- Meatballs
- 🗹 Biltong

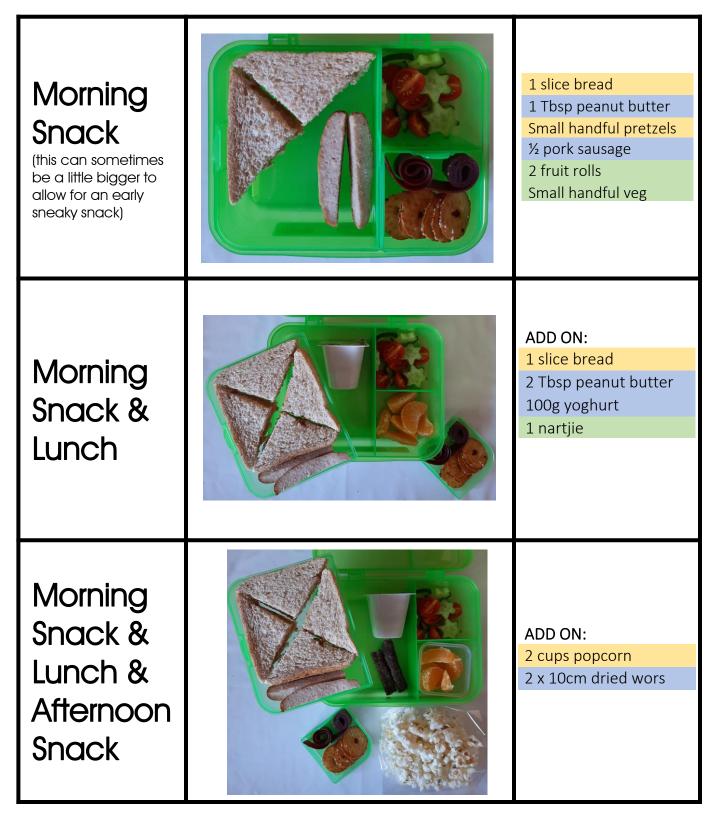
- Peanut butter
- \blacksquare Dried fruit like raisins or dried apple
- ☑ Microwave popcorn
- ☑ Snack bars

Shopping at a convenience store on the way to school:



Lunchbox Example 1

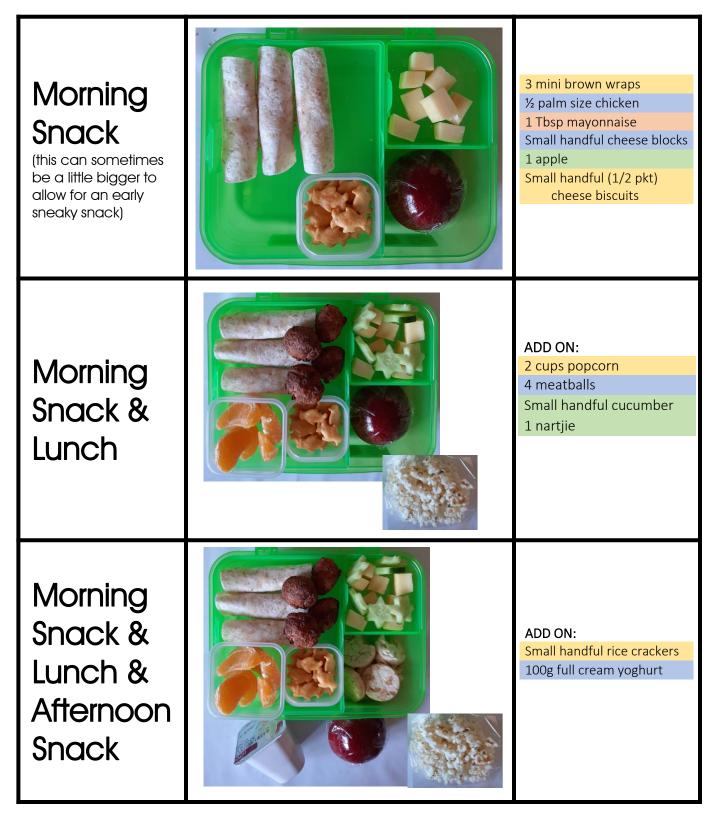
Please note that these portions are a guide



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

Lunchbox Example 2

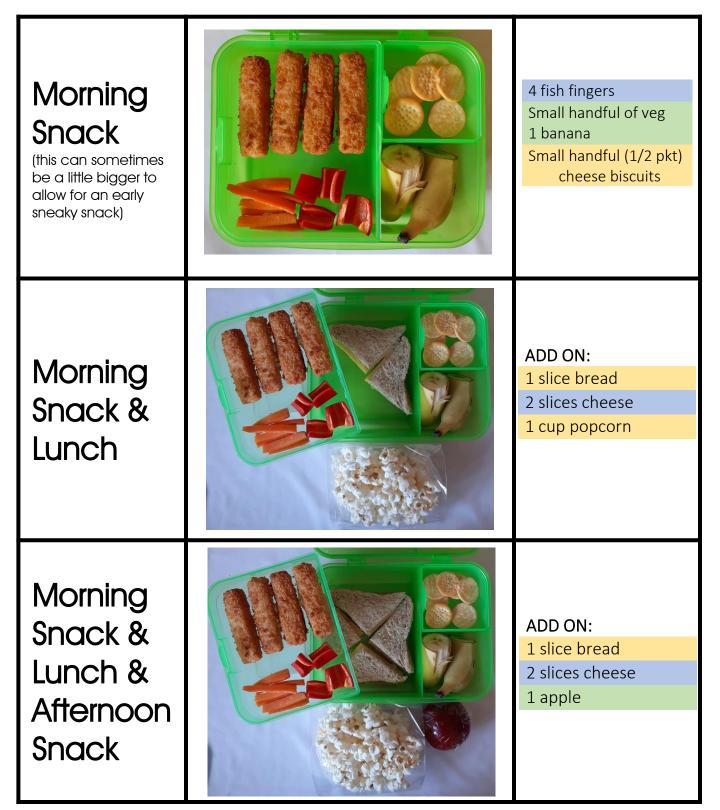
Please note that these portions are a guide



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Lunchbox Example 3

Please note that these portions are a guide



*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**