

## Choose from each Food group:

- Fruit & Vegetables (1/2 lunch box) – at least 2 different colours: green, pink/red/purple, yellow/orange, white or multi-coloured
- Protein (1/4 lunch box) – the size of the child's palm of his hand
- Slow release starch (1/4 lunch box) – one fistful
- Add one serving of fat... (nuts, seeds, avocado, peanut butter, low fat margarine or mayonnaise/ salad dressing)

## Unhealthy snacks:

- Sweets
- Crisps/ salty biscuits
- Refined starches –white bread
- Baked goods – pies, muffins, scones, cakes (unless a healthy recipe was used)
- Cold drinks (fizzy drinks as well as fruit juices)
- Fried foods/ Take aways

For more information or to book a consultation, please contact me at the below details.



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# Healthy Meals & Lunch Boxes



**A guide to packing healthy lunch boxes for kids to school in order to provide them with the right nutrients**

## Introduction

Many children go through phases of refusing to eat certain foods. This is particularly common in children aged 1 to 5 years, but may occur at any time.

It is often a way of showing independence, and is a normal part of growing up.

Although it is very worrying, children will not harm themselves if they don't eat enough for a short time.

They may not need as much as you think. It may help to discuss the problem with other parents who are experiencing similar situations.

If the problem shows no signs of improving, or if you are worried about your child's weight and growth, you can contact your GP, paediatrician or dietitian for further help and advice

The food that your child eat on a daily basis will determine their concentration levels, energy Levels and will also help them set the foundation for their future eating habits. So the better they can start to eat while they are young, the healthier they will be later on in life and the lower their risks will be for developing lifestyle diseases.



## Healthy Eating for kids

Getting your child to eat a healthy diet is no easy task! It requires a lot of time, effort, patience & perseverance. Here are a few tips to help to get your child to eat healthier food and dishes:

- Make nourishing your child a priority:
- Stock your home with food and snacks that you would like your child to fill up on
- Believe in what you are trying to implement
- Set a good example
- If your child refuses to eat, identify the possible reasons and find solutions
- Persevere
- Tempt them with the healthy nourishing foods
- Be creative and different
- Make healthy foods and snacks visible and easily accessible
- Don't allow non-nutritious foods to replace essential foods
- Be consistent
- Teach them

## Healthy Lunch Box ideas:

### So what is a balanced packed meal

Half of the volume of what is packed into the lunch box should be full of fresh or cooked **vegetables** (in the form of finger foods or salads) and one or two **fruit portions** (ready to eat).

- Add some lean **protein**, the size of the palm of your child's hand
- Include only 1 fistful of **slower release (Low GI) starchy** food.
- And one added **fat**
- Round off the meal with a bottle of **water**

To create interest, put individual foods into separate containers, pack into a small cooler bag with an ice brick and a bottle of water.

Try and pack the cooler bag in the order that the child must eat the food eg fruit and vegetables on top and starch food below.

Remember to include plastic cutlery and serviettes where needed.

\*Hint: for convenience, prepare the salad ingredients in advance and keep in the fridge.