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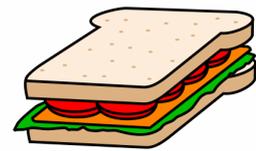
Healthy Lunches for Children

Healthy lunches for school don't have to be complicated. In fact, often the easiest ideas are the most delicious! It is all about planning ahead, experimenting and getting excited about new lunch options.

These suggestions below can be used for school or for snacks/lunches when at home:

Sandwich Ideas

- **Cookie cutters** – Kids of all ages, love food in shapes. Surprise them with different shapes over the week.
- **Alternatives to bread:** whole wheat bagels or wholewheat pitas or tortillas.
- **Aim to use protein on sandwiches** - Serve lean sliced/shaved cold meats (MSG FREE), chicken, tuna or egg salad.
- **Meatless filling options:** peanut butter works well! Very nutritious. Some kids don't like peanut butter, then try cashew nut butter or almond butter! Low fat cottage cheese or white cheeses on low GI bread are options.
- **Optional spreads:** mustard, low fat mayonnaise, tomato sauce or chutney.
- **Tea sandwiches:** These are bite-sized sandwiches. You can make your child a *low fat cream* cheese tea sandwich with very thin cucumber slices. Serve sliced lean cold meats rolled up into tubes and offer the bread separate.



Bite-Sized Food Ideas

- **Toothpicks** can add some fun too . So make a mini-sandwich and place a toothpick in it. You can get toothpicks with fun designs at party stores.
- Make your own **Japanese rolls:** Use Korean roasted seaweed (this has a nice sesame flavor to it) and sticky rice. Just roll up the rice into a mini-cylinder shape. (Tip: get your child involved. Let him/her help you the night before).
- **Add dips.** Dipping food enhances the food experience! Fruits and veggies are great for dipping! - - Baby carrots (buy the carrot balls or julienne carrots); slightly steamed broccoli, sliced apples (use lemon juice to keep them from browning), baby corn; baby tomatoes, celery sticks.... Dip into peanut butter, low fat smooth cottage cheese, lite mayonnaise, etc....



- **Sweet potato** can work. Cook in microwave and slice into circular shapes. Sprinkle a dash of sugar or Xylitol.
- Take advantage of **tropical fruits** such as mango slices or kiwi (easy to scoop out with a spoon).
- **Cube cheese** or Laughing Cow Lites and offer it on a toothpick.
- **Trail mix** (nuts, dried cranberries, mixed seeds).



- **Yoghurt and berries.** Add some granola or raw nuts on top (Tip: place in small coloured plastic container).
- **Cereal.** Ensure it is low fat (i.e. <10g total fat per 100g) and high in fibre (>3g per serving). Provide a container with a top and a spoon. Your child can eat dry or add a small yoghurt or small drinking probiotic milk.

Healthy Snack foods for children

For younger children: put snacks in small colourful containers, wrap in cartooned or coloured wax paper, cut into shapes where you can (e.g. you can use shaped cut-outs on pineapple pieces)

- Raw nuts
- Popcorn
- Baked pretzels (Sunbites pretzels) or Clicks Pops range
- High fibre crackers with cheese wedges/blocks
- Lean biltong (about 35 – 40g packs)
- Carrot sticks and cucumber slices with hummus dip
- *Ants on a stick:* celery stick/carrot stick with peanut butter and raisins on top
- Apple slices spread with peanut butter
- Dried fruit (Limit to maximum 1 closed handful per day for weight loss)
- Fresh fruit (Limit to maximum 3 – 4 for weight loss)
- Low fat yoghurts and milk drinks and Woolworths probiotic drinks
- Low GI muffin or low GI banana bread (see recipe) – put some Nutella chocolate spread
- Oates or Coco Pops cereal with raisins and nuts – in a container
- EATRITE biscuits (2 – 3)
- Small glass of smoothie

