



HEALTHY LUNCH BOX CHALLENGE

JANUARY / FEBRUARY

2013 – I love the start of a new year. It's time to set new goals, have a better attitude, start over and make changes to your life. It's the time for you to reflect on what you didn't get to do last year, look at what your family goals are and try getting the kids on the right track again.

Well this year at Little Cooks Club we are all about that: Change, getting back to basics and getting kids on the right track through food, body & earth.

Our new website will be up and running early February and it will be your tool for getting your family healthier. Best of all – it's all FREE TO YOU and the benefits are huge. Why? Because Little Cooks Club truly wants to make a difference in children's lives and encourage a healthier attitude to food and their bodies. We are also here to make your life easier with suggestions. All we want from you is to pass this information on to all your friends to get everyone on the same page.

HEALTHY LUNCH BOX CHALLENGE

This month I would like to focus on building a healthy digestive system for your child.

3 simple things: Fibre, water and exercise.

1. HIGH FIBRE FOODS

- Apples and pears -- with the peel on, please!
- Beans of all kinds. Try a three-bean chili with kidney beans, black beans, and pinto beans, all of which have at least 16 grams of fibre per serving.
- High-fibre cereal. Kids may not flip for muesli, but many of them like raisin bran-type cereals, which contain about 5 grams of fibre per bowl.
- Sandwiches on whole-grain bread or wraps, or made with a whole-grain English muffin.
- Baked potatoes – preferably with the skin on. Make it fun by setting up a “baked potato bar” and letting your kids choose toppings like shredded cheese, light sour cream, broccoli, and chopped green onions or sprouts.



- Any kind of berry with seeds. Kids love berries and often gobble them like candy. “One of the highest-fibre berries, raspberries, has just as much fibre in a handful as you’ll find in a whole apple,” Goldberg says.
- Yogurt. Although yogurt isn’t necessarily a high-fibre food on its own, it’s generally good for digestive health. “Yogurt contains probiotics, healthy bacteria that are good for the tummy. The Greek yogurts that are popular now are particularly good, high in probiotics and in proteins. You can also add to yogurt’s fibre content by tossing in some granola, if your child won’t protest the surprising crunch in the middle of the smooth.

Foods to avoid if your child seems constipated.

- Rice cereal for babies. (It’s really not a necessary first food, so if your baby seems constipated, you can probably skip it and move on to things like veggie and fruit purees.)
- Refined “white” foods like sugar, white rice, and white breads
- Cheese and other dairy products

2. PLENTY OF FLUIDS

- It can be easy to get so focused on fibre for digestive health that you forget about the other component your child needs to take in: plenty of fluids.
- When you get plenty of fibre and not enough fluid, it’s like putting superglue in your tummy,” It just makes matters worse. So you need to make sure that your child is drinking plenty of water, plus some milk, during the day.” If you live in a warm climate, particularly if your child is getting a lot of outdoor exercise, they’re going to be sweating out their fluid intake faster, so be sure to take plenty of water breaks.
- Parents may think that they’re giving their child a boost with sports drinks and “power beverages,” but they’re really just sugary drinks like juices. Children should be getting the majority of their fluids from water.

3. EXERCISE

- It’s good for your heart, it’s good for your lungs, it’s good for your immune system -- it makes perfect sense that exercise would be good for your digestive system as well. So the final piece of the digestive health puzzle for your child is plenty of physical activity.

QUICK REMINDERS:

- Watch portions. Encourage kids to enjoy what they eat -- but to eat in moderation. One way to stop eating too much: Use smaller plates, bowls, and spoons.



- **Eating Too Fast:** Grabbing meals or snacks on their way out the door can lead to upset stomachs, overeating, or just eating the wrong thing, as kids aim for grab-and-go food. Make sure the grab and go foods are healthy and home-made.
- **Eliminate distractions.** Encourage kids to put away books, smart phones, computers, and games while they eat. Don't allow texting or hand-held games at the dinner table.
- **Notice the food.** Satisfaction comes when we smell, touch, and really taste our food, so make sure kids do just that.
- **Listen.** Teach kids to pay attention to what their body is telling them, to learn when they're truly hungry, and when they're full.
- **Eating Too Much Junk Food - Chips, sodas, sweets:** At school, home, at the corner store, everywhere they turn, kids have easy access to high-calorie, low-nutrition snack foods and drinks -- and they love them.
- **Think nuts like cashews, almonds, walnuts; fruits like cherries, apricots, grapes; and crunchy-sweet veggies like red peppers and carrots -- body-building foods that also taste great.**

Expert Tip: Aim for 60 minutes of activity daily.

PARENTS: Set a good example

Our lives are not simple and we need to grab and go, so please try doing one thing this year: make your own muffins and healthy bars. What we find in the shops are full of sugar, artificial flavors and preservatives. They are seriously not good to eat and just make your kids put on weight.

Teach your domestic worker to make the supplied recipes, or take 1 hour on a Sunday to make them.

I am going to give you a few recipes (see the Recipes document). Make them all and decide which your family prefers. Just don't buy the ones in the shops and they will get used to homemade.

Warm regards,

Christine Phillips

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