

## Yummy Lunch-Box Ideas

The perfect lunchbox should be made up of the following 5 food groups;

Complex carbohydrates – fuel the brain for optimal learning and sustains energy	Wholegrain/multigrain/rye/spelt bread, wholegrain crackers, brown/black rice, wholemeal/spelt/quinoa pasta, legumes and beans
Protein – stabilises blood sugar levels for better concentration and is fuel for growing bodies	Lean chicken, turkey, meat, fish, eggs, yoghurt, cheese, hummus
Fibre – keeps tummies fuller for longer	Complex carbohydrates, fruit and vegetables, legumes and beans.
Fruit + Veg – packed full of vitamins, minerals and fibre	Apples, bananas, grapes, oranges, mandarins, berries, avocado slices, raw or cooked veggie sticks (carrot, capsicum, celery, cucumber) stone fruit, cherry tomatoes, baby corn, melons. Cut into bite size pieces for better compliance.
Calcium – helps meet growing kids daily needs	Yoghurt, cheese, tinned fish with edible bones, hummus, tofu, white beans

- Kids love dipping. Invest in some small tubs and try hummus, guacamole, tzatziki, beetroot dips with veggie sticks, wholegrain rice crackers, wholemeal pita bread
- Frozen yoghurt tubes are a great way of getting protein and calcium in the one hit. They also keep the rest of the lunch cool. Choose ones with live cultures (good bacteria) and low in sugar.
- Re-invent the humble sandwich. Experiment with wraps, different breads and rolls. Always use wholegrain as it contains 3 times more fibre than white bread, and more iron and B vitamins. Mix it up daily with different fillings. Try to have a protein rich food and a salad vegetable;
  - ◆ Tuna and corn mixed with a little natural yoghurt
  - ◆ Poached chicken and avocado (mix avocado with a little lemon juice to avoid discolouration)
  - ◆ Hardboiled egg mashed with a little natural yogurt and lettuce
  - ◆ Cottage cheese/ricotta with Goji berries (high in fibre, Vitamin C and anti-oxidants)
  - ◆ Salmon (with edible bones) mashed and sliced cucumber
  - ◆ Hummus (good source of protein, fibre, calcium and iron) and grated carrot
  - ◆ Mashed banana (1/2) with little honey and sprinkle with Chia seeds (high in fibre, omega 3 and anti-oxidants)
  - ◆ Left-over from dinner the night before
- Pasta salad with wholemeal or spelt pasta, veggies and chicken/tuna/salmon
- Homemade pizza on wholemeal muffins or mini pita bread
- Brown rice sushi and rice paper rolls or fried brown or black rice
- Dried fruit and cheese, plain air-popped popcorn, wholemeal crackers
- Homemade banana bread/muffins/piklets with spelt/wholemeal or coconut flour and xylitol or stevia as a natural sweetener.



Jenny Dregghorn, Naturopath

*Sugar, artificial colours, preservatives and flavours have no place in a healthy lunch box. They have a negative impact on your child's behaviour and concentration, reducing their ability to learn.*

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