



**Monique Bailey**  
BSc Dietetics (PU for CHE)

**Anel De Wet**  
BSc Dietetics (NWU Potch)

**Elna Erasmus**  
B Dietetics (UP)

**Ilezé Van Rooyen**  
BSc Dietetics (NWU Potch)

Tel: 012 644 1003  
Practice nr: 0173703  
Reg nr: 2010/039009/23

[admin@dieticianathealth.co.za](mailto:admin@dieticianathealth.co.za)  
[www.dieticianathealth.co.za](http://www.dieticianathealth.co.za)

@ Health Medical Centre  
258 B Jean Ave, Centurion

## Lunch box ideas and tips:

1. It's very important to pack a balanced lunch box consisting out of a protein, complex carbohydrate, a healthy fat, vegetables and fruit:

Protein – ¼ of lunch box	Slow releasing starches – ¼ of lunch box
<ul style="list-style-type: none"> <li>♥ Blocks of white cheese - mozzarella or Kiri</li> <li>♥ Cottage cheese dip sauce</li> <li>♥ Hummus</li> <li>♥ Tuna salad</li> <li>♥ Fish cake or mini fish balls</li> <li>♥ Meat balls</li> <li>♥ Cold meats</li> <li>♥ Meat and vegetable sosati</li> <li>♥ Biltong or dry wors</li> <li>♥ Pieces of boerewors</li> <li>♥ Chicken drumstick or meat removed from the bone.</li> <li>♥ Boiled eggs, egg muffin or frittata</li> <li>♥ Yogurt</li> <li>♥ Peanut or nut butter</li> </ul>	<ul style="list-style-type: none"> <li>♥ Provita, Ryvita or rye bread</li> <li>♥ Seeded bread</li> <li>♥ Low GI bread</li> <li>♥ Vegetable muffin</li> <li>♥ Cooked grains such as rice, quinoa, millet, couscous, pasta (salad)</li> <li>♥ Baked bean salad</li> <li>♥ Corn rice</li> <li>♥ Starchy vegetables such as butternut, sweet potato (slices or oven roasted blocks)</li> <li>♥ Peas salad (add extra veggies to the peas, you can also add some feta cheese)</li> <li>♥ Oven roasted beetroot blocks</li> <li>♥ Whole grain pita with protein filling</li> <li>♥ Oven roasted or baked baby potatoes with skin, add some herbs</li> </ul>
Healthy fats/oils	
<ul style="list-style-type: none"> <li>♥ Nuts or seeds (seed bar)</li> <li>♥ Peanuts</li> <li>♥ Canola / olive oil based mayo or salad dressing</li> <li>♥ Avocado</li> <li>♥ Olives</li> <li>♥ Hummus</li> </ul>	



# Fruit and Vegetables

Choose at least two different colours – make out half of the lunch box

<b>Green</b>	<ul style="list-style-type: none"> <li>♥ Broccoli (blanched – smaller florets)</li> <li>♥ Gherkins</li> <li>♥ Cucumber</li> <li>♥ Baby marrow</li> <li>♥ Lettuce</li> <li>♥ Sugar snap pea</li> <li>♥ Green beans</li> <li>♥ Peas</li> <li>♥ Asparagus</li> <li>♥ Green pepper</li> </ul>	<ul style="list-style-type: none"> <li>♥ Green melon</li> <li>♥ Kiwi fruit</li> <li>♥ Green grapes</li> <li>♥ Figs</li> </ul>
<b>Pink, red or purple</b>	<ul style="list-style-type: none"> <li>♥ Cherrie tomatoes</li> <li>♥ Red peppers</li> <li>♥ Tomato slices</li> <li>♥ Beetroot</li> </ul>	<ul style="list-style-type: none"> <li>♥ Strawberries</li> <li>♥ Plums</li> <li>♥ Guava</li> <li>♥ Red or purple grapes</li> <li>♥ Cherries</li> <li>♥ Raspberries/mulberries or blue berries</li> <li>♥ Grapefruit</li> <li>♥ Watermelon</li> </ul>
<b>Yellow or orange</b>	<ul style="list-style-type: none"> <li>♥ Carrots</li> <li>♥ Small corn</li> <li>♥ Yellow peppers</li> </ul>	<ul style="list-style-type: none"> <li>♥ Melon</li> <li>♥ Peaches</li> <li>♥ Pineapple</li> <li>♥ Mango</li> <li>♥ Apricots</li> <li>♥ Banana</li> <li>♥ Orange or naartjie</li> <li>♥ Papaya</li> <li>♥ Dried fruit or canned fruit (just be careful of the sugar content)</li> </ul>
<b>White</b>	<ul style="list-style-type: none"> <li>♥ Mushrooms</li> <li>♥ Canned asparagus</li> </ul>	<ul style="list-style-type: none"> <li>♥ Apple</li> <li>♥ Litchis</li> <li>♥ Pear</li> </ul>
<b>Variety</b>	<ul style="list-style-type: none"> <li>♥ Coleslaw</li> <li>♥ Vegetable sosaties</li> <li>♥ Mixed salad (greek salad)</li> </ul>	<ul style="list-style-type: none"> <li>♥ Fruit sosati</li> <li>♥ Fruit salad</li> </ul>



2. **Instead of cereals** such as coco pops, corn flaxes, rice crispies etc. with a very high sugar content, that will make the blood sugar to spike easily and drop just as easily make oats or give eggs. See recipe for an overnight oat and an egg muffin.
3. Stay away from **refined carbohydrates** such as white bread, cookies, biscuits. Always use complex carbohydrates such as whole-wheat low GI bread or a whole-wheat pita/wrap. The wrap and pita can be used as a good alternative from bread every day.
4. Pack a **water bottle** to school to sip on instead of juice or cold drinks with a very high sugar content. Make a healthier homemade ice.
5. **Ideas for healthy snacks:** vegetable sticks with a hummus dip. Bran muffin baked at home with grated apple, carrots or mashed banana inside to increase fibre content, a small tub plain unflavoured yogurt and fruits.
6. Try to **avoid** giving tuck shop money often, rather make a rule of one day a week and educate on what healthy options to buy.
7. **Plastic contains harmful toxins** that we expose our food to. If possible, try to pack lunchbox in a glass lunchbox and put water in a glass or aluminium water bottle.
8. **Granola and energy bars** have a lot of hidden sweeteners, make homemade high fibre bars and put them in your kid's lunchbox.

## BREAKFAST RECIPES:

### EGG IN A BASKET (EGG MUFFIN)

Makes 12 baskets

Ingredients:

- ✓ 1 cup tomatoes, chopped
- ✓ 1 cup fresh spinach, chopped
- ✓ 12 large eggs
- ✓ 2 tablespoons crumbled feta
- ✓ 12 unsalted crackers, crushed
- ✓ 4 teaspoons margarine
- ✓ 4 teaspoons milk
- ✓ Salt and pepper to taste

Method:

1. Prepare a 12 cup muffin pan. Place 1 t margarine in each cup
2. Mix the eggs, tomato, spinach, feta, crackers, salt and pepper in a separate bowl
3. Distribute the egg mixture evenly into each muffin cup. Pour 1 t milk over each egg mix
4. Bake at 180°C for 12-15 minutes until the eggs are cooked to desired firmness



## FISH CAKES

Makes 6 fishcakes

### Ingredients

- ✓ 1 small tin tomato pilchards (1 x 155 g tin)
- ✓ 2 eggs
- ✓ 150 g flour
- ✓ 2tsp baking powder
- ✓ ½ onion, chopped
- ✓ 45g maize grains, drained
- ✓ 2tsp lemon juice
- ✓ 250ml breadcrumbs
- ✓ Dried herbs
- ✓ Pepper
- ✓ Non-stick cooking spray

### Method:

1. Place all the ingredients, except 1 egg, 50 g flour and breadcrumbs in a mixing bowl
2. Mix until well combined
3. Spray a non-stick pan with the cooking spray, and 'fry' a spoonful of the pilchard mixture at a time over a medium heat until golden brown
4. Dip the golden-brown fish cakes in the flour, egg and then the breadcrumbs
5. Place the battered fish cakes on a prepared oven pan and bake at 180 °C for 10-15 minutes until crispy

## EASY OVERNIGHT PLAIN OATS

### Ingredients:

- ✓ ¼ cup raw bokomo/jungle oats
- ✓ Salt
- ✓ 2 tbsp. chopped pecans
- ✓ 1 cup water/milk (to cover oats)
- ✓ Cinnamon

### Method:

1. Place the raw oats in a bowls that you are going to eat the oats out of tomorrow morning
2. Add a pinch of salt
3. Add chopped pecans
4. Add 1 cup of boiling water from the kettle and mix
5. Cover the bowl with lid or with glad wrap and place in the fridge overnight
6. Next morning heat oats in microwave for 1 minute and add some milk to adjust consistency as well as some cinnamon to flavour



## BREAKFAST BROWNIE

Serves 8 brownies

Ingredients:

- ✓ 115 g walnuts
- ✓ 2 heaped tablespoons raw cacao powder
- ✓ 175g medjool dates, pitted and chopped
- ✓ A pinch of Celtic sea salt
- ✓ ½ teaspoon ground cinnamon
- ✓ 15g rice puffs or quinoa puffs
- ✓ 1 tablespoon virgin organic coconut oil
- ✓ 2 tablespoons ground flaxseed
- ✓ 3-4 tablespoons filtered water

Topping optional

- ✓ 2 tablespoons almond butter
- ✓ 1 tablespoon raw cacao powder
- ✓ Ground cinnamon, for dusting

Method:

1. Place the walnuts, cacao powder, dates, salt, cinnamon, rice or quinoa puffs, coconut oil and flaxseed in a food processor
2. Add 3 tablespoons of the water and blend until the mixture is moist and chunky, but not running. Add more water if needed
3. Line a 20cm square baking tin with baking paper, then press the mixture firmly and evenly into the tin
4. If you are adding the topping, spread the almond butter over the brownie mixture and sprinkle with the cacao powder and cinnamon
5. Cover and refrigerate for at least 30 minutes.
6. Remove from the fridge and cut the brownie into eight even bars.

## HIGH FIBER BARS

Serves 8 bars

Ingredients:

- ✓ 10 medjool dates, pitted and chopped
- ✓ 3 tablespoons chia seeds
- ✓ 55g white quinoa
- ✓ 3 tablespoons flaxseed
- ✓ 2 tablespoons LSA or ground flaxseed
- ✓ 2 tablespoons psyllium husk
- ✓ 125g organic or gluten-free oats
- ✓ ¼ teaspoon Celtic sea salt
- ✓ 3 tablespoons almond butter
- ✓ 2 tablespoons virgin organic coconut oil, melted.
- ✓ 2 teaspoons coconut nectar, raw honey or maple syrup

METHOD:

1. Place all the ingredients in a food processor and pulse until well combined – the mixture should be firm but soft
2. Grease and line a 20 cm square baking tin and press the mixture in evenly with the back of a spoon
3. Cover and freeze for 30-40 minutes or until firm
4. Remove from the freezer and cut into eight bars. Store in an airtight container in the fridge for up to a week



## SNACKS:

### HUMMUS

#### Ingredients:

- ✓ 2 cups dry chickpeas
- ✓ 3 tbsp tahini (optional)
- ✓ Juice of ½ lemon
- ✓ 1 garlic clove
- ✓ ¼ tsp paprika
- ✓ ¼ tsp ground cumin
- ✓ Fresh parsley, 2 sprigs
- ✓ Salt to taste
- ✓ Black pepper to taste
- ✓ Olive oil as needed (more a less ¼ cup)

#### Method:

1. Soak chickpeas in water:
  - a. Method 1 - for 8 hours or overnight (do this step in bulk to make preparation shorter for future batches)
  - b. Method 2- Bring chickpeas and water to a boil for 15 minutes and let stand for 1 hour
2. Discard water for soaking
3. Cover soaked chickpeas completely with water and simmer for 60 -90 minutes or until tender
4. Add all ingredients (except olive oil) to a food processor. Blitz until mixed
5. Put the food processor on low and slowly add the olive oil until desired consistency achieved
6. Add final seasoning to taste

## ICE TEA RECIPE:

### ROOIBOS, POMEGRANATE & CINAMON ICED TEA

Makes 2 liter

#### Ingredients:

- ✓ 4 rooibos teabags
- ✓ 2L water
- ✓ 1 cinnamon stick (+/- 5g)
- ✓ 1 orange, sliced with skin on 1 pomegranate
- ✓ Xylitol or sugar to taste (optional)
- ✓ Ice to serve

#### Method:

1. Boil 2L of water
2. Put the tea bags into a large jug or bowl (minimum 2L), and add the boiling water
3. Add the cinnamon stick and orange slices
4. Leave the tea to cool to room temperature, or even better, leave to steep over night
5. Strain the tea to remove the teabags, cinnamon and orange
6. Stir in honey, xylitol or sugar adding little bits at a time until the desired sweetness is reached. Diabetics, remember to use xylitol for a sugar-free option
7. Add the fresh pomegranate jewels and top up with ice to serve
8. Serve in large jars for a vintage feel and add some fresh herbs or edible flowers for a fresh summery touch

