

# Break Time

The Heart and Stroke Foundation SA's Tuck Shop Newsletter

Autumn 2009 Edition



THE HEART  
AND STROKE  
FOUNDATION  
SOUTH AFRICA

## Dear Readers

Welcome to another edition of Break Time; its primary focus still being kids' nutrition. With autumn just slipping in, we have put together some interesting and practical ways to remain healthy even as we go from one season to the next. In this edition we provide insight as to how kids and parents can build healthy lifestyles together e.g. get your kids involved in the shopping and preparation of healthy snacks for their lunchbox.

This will ensure that they don't feel left out and they will be more likely to consume what they make. When it comes to breakfast, parents should always make sure that kids do not skip it as tend to be more attentive during classroom time if they have breakfast.

We have also updated you on new Heart Mark approved products - these carry the Heart Mark logo ensuring that you choose the healthier product in a specific category. Be sure to look out for these the next time you go shopping. Knowing that healthy recipes are always sought after we have included two practical and easy ones. Go ahead and enjoy!

Remember, lifestyles that incorporate healthy eating practices and regular physical activity are bound to yield positive results. Aim to get kids off that couch and into the kitchen as well as onto that playground!

Yours in heart health.

Ayesha Seedat  
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The Heart and Stroke Foundation SA  
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## Inside this edition of the Tuck Shop Newsletter . . .

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# Building Healthy Lifestyles

Seasons come and go but healthy eating practices should always remain. With summer behind us, we can look forward to a cool few months ahead and hopefully healthy autumn meals.

Regardless of the season, dairy products are essential and are a hearty source of vitamins such as vitamin A, D, B2, B12 and calcium. These nutrients have several important functions including:

- Energy release from food
- Aiding in vision
- Ensuring strong bones and teeth



It is important that kids do not skip breakfast and that they have at least 2-3 servings of dairy daily. This is easy! For breakfast they can have a high fibre cereal with milk or a fruit smoothie and a yoghurt included in their lunchbox.

Vitamins A, C and E are vital anti-oxidants required for boosting your immune system. Foods rich in these include green leafy vegetables as well as yellow and orange fruit - ideal choices when preparing to avoid those dreadful colds and flu's.



## Tips for lunchboxes

- Plan ahead so that the nutritious foods are not left out.
- Prepare and refrigerate sandwiches the night before.
- Stay away from "easy" options like chips, chocolates and other high fat snacks.
- Include your kids when it comes to choosing foods for their lunchbox - they are more likely to eat their own creations.
- Encourage a variety of colours and flavours as this will be more appealing to kids.
- The lunchbox should include a whole-wheat base with a lean protein filling, fruit, yoghurt as well as a drink e.g. water, fruit juice or milkshake.
- Change from using the everyday bread to wraps, pitas or rolls.
- Keep young minds entertained by cutting sandwiches in triangles or other different shapes.
- Put a smile on your child's face and show how much you care for them by adding a personal touch like a note, a sticker or photograph in their lunchboxes.



In addition to eating healthy daily, children also need to be involved in regular physical activity. Taking part in sports or merely playing with friends are great ways to ensure a sound mind and body. A physically active lifestyle in kids reduces the risk of obesity and certain chronic diseases later on in adulthood.

Ensure that kids are always following a healthy lifestyle not only to prepare their bodies and immune system for the cooler months ahead, but for a lifetime to ensure positive health.

# Tuck Shop Programme



The Heart and Stroke Foundation SA (HSFSA) has a School Tuck Shop Programme that is aimed at addressing unhealthy eating amongst children. If your school is not yet benefitting from this Programme, feel free to contact Ayesha at the HSFSA.

You can email her on [ayesha@heartfoundation.co.za](mailto:ayesha@heartfoundation.co.za) or Tel: 021 447 4222.

Join in and help us make SA's kids healthier!

## Portion Control

### Portion Control

It is important that kids follow a healthy balanced diet that includes all the food groups, but when it comes to controlling portion sizes, what do we actually mean?

One serving of dairy is equivalent to either:

- 1 cup of milk (250ml)
- 1 cup of yoghurt (175ml)
- 30g cheese (matchbox size)
- ¼ cup of cottage cheese (fat free)

One serving of fat is equivalent to either:  
1 teaspoon of soft margarine  
1 teaspoon of oil  
1 tablespoon of reduced fat mayonnaise or  
¼ of an avocado

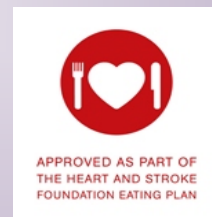


## Heart Mark Notices

### The Heart Mark:

The Heart and Stroke Foundation SA's Heart Mark initiative is a guideline for the public to be able to identify healthy products on supermarket shelves. These products are:

- lower in cholesterol
- lower in saturated fat
- lower in salt
- lower in added sugar
- high in fibre (where applicable)



Products such as these that carry the Heart Mark logo have been approved as part of the Heart and Stroke Foundation SA's healthy eating plan.

### New Heart Mark Products

#### Oceana Brands

Lucky Star Mackerel in Chilli Sauce  
Lucky Star Mackerel in Tomato Sauce

#### Vergezocht Plant Oils

High Oleic Virgin Oil  
Virgin Sunflower Oil

#### Namib Mills

Really Rice

#### Vital Health Foods

Vital Com Cakes  
Vital Sunflower Seeds

For the complete list of Heart Mark products and franchises, visit [www.heartfoundation.co.za](http://www.heartfoundation.co.za) or contact the Heart Mark Diet Line on 0860 223 222

# Bran Pecan Muffins

Makes 24 large muffins or 48 small muffins

## Ingredients

2 extra large eggs  
1 cup soft brown sugar  
4 tablespoons oil  
1 cup oat bran  
1½ cups cake flour  
2 cups digestive bran  
½ teaspoon salt  
3 teaspoons bicarbonate of soda  
1 teaspoon ground cinnamon  
1 large apple, grated  
2 cups fat free milk  
1 teaspoon vanilla essence  
1 cup chopped pecan nuts



## Method

In a large bowl, beat together the eggs, sugar and oil.

Add all the dry ingredients, the grated apple, milk and vanilla essence to the egg mixture. Stir until well blended.

Mix in the chopped pecan nuts and allow the batter to stand in the fridge for at least 2 hours.

When ready to bake, spoon into the muffin pans filling it three quarter way. Bake in a preheated oven at 180°C for 15 minutes.

Remove from the oven and cool completely.

Both recipes adapted from Snacks & Treats for Sustained Energy1, by Gabi Steenkamp RD(SA) & Jeske Wellman RD(SA). Published by Tafelbeg Publishers.

# Crustless cheese & Vegetable Tart

Makes 8 snack treats

## Ingredients

3 extra large eggs, beaten  
1 tub (200g) fat free smooth cottage cheese  
1 teaspoon parmesan cheese, finely grated  
1 clove garlic, crushed  
Pinch ground cumin  
Freshly ground pepper  
500g fresh or frozen vegetables, finely chopped  
8 spring onions, finely chopped  
2 teaspoons mixed herbs  
Sprinkle of rosemary and thyme  
60g (2 matchbox sizes) mozzarella cheese  
½ teaspoon ground paprika (optional)

## Method

- Preheat the oven to 180°C. Lightly grease a medium baking dish with non-stick cooking spray.
- Mix together the eggs, cottage cheese, parmesan cheese, garlic, cumin and black pepper. Set aside.
- Place the cleaned and chopped vegetables in the base of the baking dish.
- Sprinkle with spring onions and herbs.
- Pour the egg mixture over the vegetables.
- Sprinkle with mozzarella cheese and dust with paprika (if desired).
- Bake for 25-35 minutes until bubbly and lightly browned.



## Did you know. . .



Dairy products contain vitamin A. whereas carrots have beta-carotene which our bodies convert into vitamin A.



Children older than the age of five can ideally consume low fat milk - less fat does not mean less calcium.

## Contact us

For more information about the Heart and Stroke Foundation SA and healthy living, visit [www.heartfoundation.co.za](http://www.heartfoundation.co.za) or call the Heart Mark Diet Line 0860 223 222.