



THE HEART  
AND STROKE  
FOUNDATION  
SOUTH AFRICA

# Break-Time

The Heart and Stroke Foundation SA's Tuck-shop Newsletter

Spring 2008 Edition

## Dear Readers...

A warm welcome to the Spring edition of our Tuck-shop Programme newsletter. During the winter months we tend to take comfort in food and it is very easy to form bad eating habits. In this edition we have included some top tips to getting healthy and fit just in time for Spring. We have also included a delicious and heart healthy bran and nut muffin recipe, a wholesome and nutritious snack for any child's lunch-box!

It is estimated that 17% of children in South Africa are overweight. Due to the changes in our lifestyles, childhood obesity has become a reality for many parents. Although a high energy intake is essential for your child as it adds to their growth and development, it is still important to maintain a healthy balance. We have included a very informative article on obesity in children and preventative measures parents can take in order to prevent this from happening.

I hope that this newsletter will serve as a platform for relevant and healthy information and ultimately help improve the health of SA youth.

Zulfa Abrahams  
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Dietician  
The Heart and Stroke Foundation SA (HSFSA)



## Inside the Tuck-shop Newsletter



Childhood obesity, a reality  
Top tips to keeping healthy this Spring  
What is the Heart Mark?  
Delicious muffin recipe



# For Your Information

## Childhood Obesity

According to the World Health Organisation (WHO), being overweight and obese are defined as having "abnormal or excessive fat accumulation that presents a risk to health". According to the SA Medical Research Council, 17% of South African children between the ages 1 -9 years old are overweight.

Lack of exercise and eating too much food or eating the wrong types of foods are the leading causes of childhood obesity. Parents play a vital role in shaping children's attitudes. It's often easier to give children money for the tuck-shop instead of preparing a healthy lunch-box or buying take-out because parents are too tired to cook when they get home. Children are also more overweight because they're choosing to play computer games, Play Station or watch television instead of participating in sports, games, playing and other activities that keep them active and fit.

Many fast food and soft drink manufacturers target children through the media. Fast food commercials played during children's programmes, the gimmicky toys accompanying fast food meals, strategically placed sweet aisle (in perfect eye level with your children) on the way to the supermarket cash register and even some school tuck-shops, are providing a means to make our children obese. But habits can be changed.

Get the whole family eating healthily. Changes in eating habits are more likely to stick if everyone in the house is doing the same thing and helping each other. Children are still growing, therefore parents need to slow down the rate of weight gain but not growth. Encourage an overall healthy lifestyle that includes the occasional "bad" snack. Don't count calories, rather teach children healthy eating habits that will last their entire lives.

Here are some tips to help you get started:

- Eat breakfast! Give your children low fat milk and cereal, yoghurt and fruit, toast with peanut butter or smoothies for breakfast. If you're pressed for time, make sure they have something to eat in the car or while they are walking to school.
- Pack a healthy lunch-box or insist that your child's school provides healthy options at the tuck-shop. Lunch-boxes should contain a brown or whole wheat sandwich with a low fat protein filling as well as some fruit and/or vegetables. Opt for water, fruit juice or low fat drinking yoghurt as a beverage.
- Eat 5 or more portions of fruit and vegetables daily.
- Watch portion sizes. Instead of preparing 4 slices of white bread for school, pack in 2 slices of brown or whole wheat bread with fruit, water and yoghurt. At dinner time say no to seconds!
- Eat healthier snacks. Swop chips for home-made popcorn or pretzels, chocolate and sweets for fruit, and ice-cream for frozen yoghurt.
- Change your cooking methods. Try grilling, baking or steaming foods instead of frying.
- Cut down on time spent watching television, using the internet and playing Play Station games.
- Get moving! Have a regular family day for playing games like soccer, tennis, swimming, hiking, cricket or just running around.
- Encourage children to take up a summer and winter sport at school and try to attend when they have a match or event.
- Never obsess about everything you eat, what starts as healthy eating could easily become an eating disorder.
- Remember! Moderation is the key to a healthy lifestyle.

For further dietary advice call the Heart Mark Diet Line on 0860 223 222



# SAY WHAT?

## Did you know.....



Carrots can help you to see in the dark. Vitamin A is known to prevent “night blindness”, and carrots are laden with Vitamin A.

Fruit and vegetables are often more nutritious when frozen. The longer fruit and vegetables sit around waiting to be eaten, the more nutrients they lose. Fruit and vegetables that are straight after being picked have less time to lose their nutrients.



Bananas are about 99.5% fat free and are a great source of potassium which helps build muscle power and keeps the body's fluids in balance.

## Top Tips for Learners to Get Healthy and Fit for Spring

### Breakfast is the most important meal of the day.

Starting the day with a cereal, fruit and low fat milk, whole wheat toast with peanut butter or yoghurt and fruit, fills your empty tummy and makes you more productive.

### Start getting physical.

It's easy to fit physical activities into a daily routine. Walk or jog to see your friends, take a 10 minute activity break every hour while doing homework and climb the stairs instead of taking the lift or escalator. Participate in sport at school such as rugby, soccer, hockey or netball during winter and cricket, athletics and water sports during summer. Taking part in extra-mural activities will help you to feel good, look good and stay fit and healthy.



### Snack away.

Snacks are a great way to refuel. By choosing snacks from the different food groups such as a glass of low fat milk with a few Provita biscuits, an apple or a celery stick with peanut butter and a handful of raisins.

### Eat your fruit and vegetables.

Eat 5 or more portions of fruit and vegetables per day. These provide your body with vital vitamins and minerals that help keep your body healthy.



# What is the Heart Mark?



APPROVED AS PART OF  
THE HEART AND STROKE  
FOUNDATION EATING PLAN

The Heart Mark logo is a guideline for the public to be able to identify healthy products.

These products are:

- Lower in cholesterol
- Lower in saturated fat
- Lower in salt
- Lower in added sugar
- High in fibre (where applicable)



Products that carry the Heart Mark logo have been approved as part of the Heart and Stroke Foundation SA eating plan. For a complete list visit [www.heartfoundation.co.za](http://www.heartfoundation.co.za) or contact the Heart Mark Diet Line on 0860 223 222.

## Bran and Nut Muffin Recipe

Serving: 24 muffins

### Ingredients:

- 2 eggs
- 1 cup brown sugar
- ½ cup Canola oil
- 2 cups buttermilk
- 1 cup nutty-wheat
- 1 ¾ cups cake flour
- 1 cup bran
- Pinch of salt
- ½ tsp bicarb
- 125ml seedless raisins (optional)

### Method:

Sift together dry ingredients. In a separate bowl mix together eggs, sugar and oil. Mix well and add buttermilk and mix. Lastly add dry ingredients and mix. Fill paper-cups ¾ way full, bake at 180°C for 18-20 minutes. For extra crunch add ½ cup of chopped almonds or hazelnuts.

## Notices, Notices, Notices...



St. Elmo's Woodfired Pizza has just come on board the Tuck-shop Programme. They have agreed to provide schools with large margherita pizza's at R20 each to be sold in school tuck-shops. St. Elmo's belongs to the Heart and Stroke Foundation SA's Restaurant Programme and some of the items on their menu are Heart Mark approved.

### **Fruithall**

Fruithall have also joined the Tuck-shop Programme. They will provide interested schools with the opportunity to purchase heart healthy snacks such as dried fruit and nuts as well as biltong to sell in their tuck-shops.

For more information about the Tuck-shop Programme, St. Elmo's Woodfired Pizza and Fruithall, kindly contact Zulfa Abrahams at the Heart and Stroke Foundation SA on Tel: 021 447 4222 or email: [zulfa@heartfoundation.co.za](mailto:zulfa@heartfoundation.co.za)

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

