



# Break Time



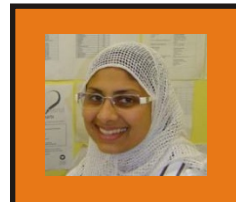
The Heart and Stroke Foundation SA's Tuck shop Newsletter

Summer 2008 Edition

## Dear Readers

Welcome to the summer edition of Break-Time! I'm sure everyone is looking forward to the long awaited holidays and can't wait to have loads of fun in the sun! In this newsletter, we bring you some useful information that can be practiced even while you are on holiday, be it at home or abroad. With obesity now being recognised as a major public health problem in many countries like Australia, America, UK, Mexico, Brazil as well as South Africa, our focus is essentially on raising awareness around healthy nutrition & increased physical activity issues.

Did you know that 70% of obese adolescents grow up to be obese adults! The combination of eating too much food or the wrong types of food and lack of physical activity are the leading causes of childhood obesity. Children especially need to aim for a balanced lifestyle that incorporates healthy eating as well as regular physical activity, as unhealthy children are at greater risk of becoming unhealthy adults! We advise that you as parents, teachers and/or caregivers try to incorporate at least some of the info into your busy lifestyle and be role models to our future generation. Let's make that pledge now!



Should you find any of the information contained in this newsletter useful, please feel free to publish it. All we ask in return is to credit the information as coming from the Heart and Stroke Foundation SA.

Last but not least, I'd like to wish everyone a safe and blissful holiday. Have a great Christmas and a splendid New Year. See you all in 2009!

**Ayesha Seedat**  
Registered Dietician  
The Heart and Stroke Foundation SA



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# Tuck Shop Programme

## What is the Tuck shop Programme ?

It is a free service offered by the Heart and Stroke Foundation SA to all schools.  
The aim of the programme is to:

- ❖ Provide the schools with assistance, advice and guidance as to how to make tuck shops healthier.
- ❖ Provide training to tuck shop staff ( if based in Cape Town).
- ❖ Provide a quarterly seasonal newsletter via e-mail which contains useful information on how to adapt to a healthier lifestyle.

## Objective:

The main objective of the Tuck shop programme is to enable children to make healthier choices when faced with a range of options. To achieve this we strive to encourage school tuck shops to serve more nutritious snacks and meals. It requires that schools set nutrition standards for all foods sold at school, including foods in vending machines and tuck shops. We will address changes to school tuck shops and lunches; including increased offerings of fruits, vegetables and whole grain foods; providing more baked foods instead of deep fried foods; placing limits on the fat, sugar and caloric content of foods served.

**For more information on the Tuck Shop Programme or to subscribe to the free quarterly electronic newsletter, kindly contact Ayesha Seedat on Tel: 021 447 4222 or email [eduheart@heartfoundation.co.za](mailto:eduheart@heartfoundation.co.za)**

## Portion Control

It is important to include a variety of foods in your diet. As a guide, kids should include the following food groups on a daily basis: starchy foods, fruit and vegetables, protein (meat, fish, chicken & legumes), dairy and limited amounts of fats! Portion control is just as important as the food choice. Remember, everything in moderation!

## Average portion sizes:

**1 serving of fruit** = 1 small fruit (tennis ball size)  
¾ cup chopped pineapple  
1 handful grapes  
½ cup fruit juice

**1 serving of vegetable**= ½ cup cooked vegetables  
1 cup raw vegetables

## Quick Snack Ideas



Fresh, dried or canned fruit  
Fruit muffins  
Yoghurt & chopped fruit  
Wholewheat crackers/ wholewheat toast & cheese  
Fruit smoothies  
Home made popcorn  
Fruit kebabs on skewers  
Fruit salad & ice-cream



Fruits are rich in vitamins & minerals which help keep your immune system healthy & strong, preventing you from getting sick!

## Did you know?



Dairy products like milk, yoghurt & cheese are rich sources of calcium. Calcium is required for the development of strong bones & teeth and helps to prevent osteoporosis in adulthood!



Water helps with digestion, flushes away wastes and regulates our body temperature.

# Sizzling Tips for a Cool Summer

Can you believe we have come to the end of another school year? All the hard work and studying has temporarily ended and now it's time to celebrate and embrace the long awaited holidays! Summer is usually associated with sunshine, holidays and many days spent outdoors socialising and just having fun. It is also a time when kids are out of school, the family is on vacation and it becomes tempting to cast aside usual healthy lifestyle routines. This does not have to be the case. You can still enjoy the holidays AND stay healthy at the same time!

Parents and care-givers play a pivotal role in a child's life and therefore can influence what children eat daily. As children are still growing, we need to slow down the rate of weight gain, if overweight, but not growth. Physical activity is also required to prevent unnecessary weight gain or to lose weight. Adults need to make exercise a priority and encourage good habits in children from an early age to help them develop the skills they need to continue being active throughout their lives. Children should be encouraged to get involved in sports and be generally more active during break times, and even over weekends and school holidays. Children who are physically inactive are at an increased risk of becoming overweight or obese. They are also more prone to developing conditions like asthma, flat feet and joint pains due to their excess weight.

## Top tips for the Summer!

### ❖ **School Orientation Package:**

The school can look into developing a 'school orientation package' which will provide and educate parents or caregivers around healthy eating and physical activities for kids.

### ❖ **Fruit & Vegetables:**

Having a vegetable garden at home or in the school can get children involved in the planting and nurturing of fruit and vegetables. This will encourage learning about different fruit and vegetables. Try to make fruit and/or vegetables part of every meal or snacks. Try creative ideas to help increase consumption of fruit and vegetables by preparing it differently and varying the texture. Instead of always steaming, rather bake, grill, mash, microwave or even blend into soups or a pasta sauce.

### ❖ **Snacks:**

Kids have small stomachs and so need between-meal snacks. Make healthier snack options available to them. Examples include: low fat custard and fruit, baked beans on toast, rice cakes, bran or fruit muffins, fresh or dried fruit and low fat yoghurt. Set a monthly limit on how much of the less healthy snacks you allow them to consume monthly i.e. doughnuts, chocolates, sweets, fried chips, packet chips or biscuits.

### ❖ **Fluids:**

Encourage the intake of plenty of fluids during the summer months. They will need to replace fluids lost through sweating and physical activity! Ideally, water should be the fluid of choice, limiting intake of sugary, calorie dense options.

### ❖ **Physical Activity:**

Limit television, computer or play station time to less than 2 hours per day and get more active!

Parents or caregivers should be role models and ideally have a positive attitude to being active. If children see you enjoying physical activity, they will be more likely to participate as well. Make time to be active as a family! Walk with your kids to the local park, go bike-riding, swimming or enjoy a jog on the beach. Reward your kids with non-food related items e.g. equipment like bats, balls, skipping ropes, a bicycle or even new running shoes!

Remember, a healthy child will grow into a healthy adult! Balance out your kids healthy eating regimes with an active lifestyle as well!

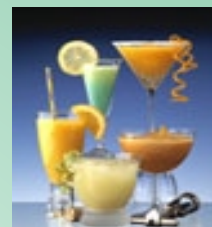
# Tips and Ideas for making cool Summer smoothies

Smoothies are not only quick to prepare, they are also nutritious and give you lots of energy. They are great for kids' breakfasts, especially when you're in a hurry and trying to get out the door.

Have fun and be creative. Play around with different combinations changing between fruits, cocoa, coffee, nuts, peanut butter, vegetables etc. Try different options for the liquid content, use a variety of milk and yoghurt flavours as well as crushed ice.

Just remember to keep your solid ingredients to a size your blender can handle and have enough liquid content for easy mixing. Don't fill your container too much, or you might end up with an 'eruption' when you hit the "blend" button!

Smoothies freeze well. A great idea is to pour the smoothie mixture into popsicle moulds for a healthy summertime treat.



## Pear and Banana Fruit Smoothie

- 1 medium banana
- 1 cup pear nectar or juice
- 1 tablespoon seedless raspberry jam
- 6 ice cubes or 1 cup of ice (optional)

Place all ingredients into a blender. Blend on high speed until all of the ice has dissolved and the consistency is smooth, about 2 minutes. How easy is that! You can substitute the jam for honey and the pear for milk of your choice. Try different combinations of fruit. Don't forget how good bananas are for you. Rich in potassium and low GI to keep the energy levels and stamina in your "tank" for longer!



Go Bananas!

## Chicken Toasties

- 100g chopped, cooked chicken
- 100g cooked sweet corn
- 6 tablespoons plain low-fat yoghurt
- 25g margarine
- 8 slices whole-wheat bread

Mix together the chicken, sweet corn and yoghurt. Spread the margarine onto the bread and place the bread onto the toaster. Spoon some of the filling into the centre of the bread. Place another piece of bread on top of the mixture. Cook according to the toaster's instructions.

Serves 3-6

## Notices, Notices, Notices...

In the month of October, we welcomed two great partners to the Heart Mark team.

Ranch Meat Centre Beef Products joined the Heart Mark family. Their products include mince, burgers, goulash and steaks. Willow Creek Olive Estate has also come on board as a Heart Mark holder, their Heart Mark approved products are Extra Virgin Olive Oil, Parmesan Infused Olive Oil and Lemon-Infused Olive Oil.

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.



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