



THE HEART  
AND STROKE  
FOUNDATION  
SOUTH AFRICA

# Break Time



The Heart and Stroke Foundation Sa's  
School Tuck Shop Newsletter

## Editor's Note

Welcome to the autumn edition of Break Time. We all know that with the new year comes resolutions - new or repeated; they are so hard to keep. Resolutions this year should be aimed at enforcing or strengthening a healthy lifestyle in our children including nourishing foods and lots of physical activity enabling them to sustain these good habits for a long, heart healthy life!

The countdown to the 2010 Soccer World Cup is well on its way, where the world's greatest soccer players will be on our doorstep! In this edition, we have included a useful website to help you learn the Diski Dance, a dance to get you off the couch and your heart pumping to the beat and energy of the African rhythm in support of your favourite soccer team. This autumn, you can enjoy two heart healthy easy-to-make recipes to get you cooking the heart smart way.

The Heart and Stroke Foundation SA wishes you a happy 2010 and a wonderfully warm autumn. We hope to provide you and your family with heart healthy information which will lead to healthy living. Enjoy!

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## What's Inside this Edition?

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# Stick to Healthy Resolutions

Who said New Year's resolutions are for grown ups? A healthy start to a new year can be a great time for children to come up with their own resolutions, especially as they face childhood obesity. Experts have reported that many children do not exercise enough and spend far too much time watching TV or playing video games which is the leading reason why 17% of South African children are overweight or obese.

Sticking to your healthy resolutions is not an easy task, but it can be fun. Make your resolutions simple and be accountable to someone you trust e.g a parent or a close friend.

Healthy resolutions for 2010 may include:

- Eating an extra serving of fruit and vegetable daily
- Drinking an extra glass of low fat milk each day
- Limiting intake of sugary or fizzy drinks
- Playing sports like netball, soccer, cricket, swimming etc, with the goal of having fun while making you active!
- Spending less time watching TV or playing video games and playing outside with friends; adopt an outdoor hobby!
- Washing your hands regularly especially before eating, after playing and when using the bathroom
- Drinking plenty clean, safe water daily.



This could be the start to a more active and healthier you. Remember kids, ask your parents or teachers to help you stick to your resolutions. You can do it!

## Learn the Diski Dance



Want to feel the *rhythm of African football*? Learn the **Diski Dance**. This dance movement is set to get the world jiving to an African rhythm during the 2010 Soccer World Cup hosted in South Africa.

The dance is made up by Diski Football soccer moves. It is fun and easy to do. It will make you go out there and cheer for your team so paint your face in rainbow colours, wave your flag and celebrate with your country. This is a great activity that you can do during break time. Learners will get great exercise and have fun whilst practicing the dance moves. Let's dance!

Ready to start learning the dance? Visit [www.southafrica.net](http://www.southafrica.net) for a step by step guide.

# Did you Know?

## Yawwwwn

Did you know that yawning helps us bring more oxygen into the blood and moves carbon dioxide out of the blood.



## Dairy Galore

Full cream dairy products like milk contain saturated fats. These fats can **increase cholesterol levels** in the body! Aim to use only **low fat or fat free milk** and dairy products. Kids under 5 years can have full cream dairy.



## Drink Water

A lack of water is the biggest cause of being tired during the day. Aim to drink **plenty of water daily.**



# Easy-to-Make Recipes

For quick, healthy and easy-to-make snacks, try out these recipes recommended by our dietitians.

## Date Muffins

Makes 24 muffins



### Ingredients:

4 cups (300g) dates, chopped  
1 cup boiling water  
2 teaspoons bicarbonate of soda  
2 extra large eggs  
2 tablespoons oil  
1 teaspoon vanilla essence  
1 cup plain low fat yoghurt  
2 small apples, peeled and grated  
½ cup skim milk  
2 cups cake flour  
3 teaspoons baking powder  
1 teaspoon salt  
1 cup oat bran

### Method:

- Place the dates in a bowl, pour the hot water over them and stir in the bicarbonate of soda. Set aside.
- Preheat the oven to 190°C and line a 12 hole muffin pan with paper cups or non-stick spray.
- In a large mixing bowl, beat the eggs until light and fluffy.
- Add the oil, vanilla essence, yoghurt, apples and milk and mix until just blended.
- Sift in the cake flour, baking powder and salt into the mixture. Stir in the oat bran and mix well.
- Mash or pureé the soaked dates and add to the above mixture, stirring in well.
- Spoon the mixture into the muffin pan and bake for 25 minutes.
- Remove from the oven and cool.

Adapted from: Snacks and Treats for Sustained Energy 1 by Gabi Steenkamp RD (SA) & Jeske Wellmann RD (SA)  
Published by: Tafelberg Publishers, 2007.

# Easy-to-Make Recipes

## Savoury Pilchards on Toast

6 Servings

### Ingredients:

425g Lucky Star Pilchards in tomato/  
chillie sauce  
½ tub (125g) low fat cottage cheese  
2 tablespoons lemon juice  
1 tablespoons lite mayonnaise  
2 tablespoons fresh parsley,  
chopped  
¼ cup spring onions, finely chopped  
¼ cup chopped peanuts  
Salt and ground black pepper to taste  
6 slices wholewheat toast



### Method:

- Flake the pilchards with a fork in a bowl
- Mix the cottage cheese, lemon juice, mayonnaise, parsley, spring onion and peanuts in a bowl.
- Season with salt and pepper
- Place some pilchards on the toast and top with the cheese mixture
- Serve as a snack or light lunch.

Adapted from: Cooking with Canned Pilchards by Lannice Snyman

For more delicious recipes or any dietary information, call the **Heart Mark Diet Line** on **0860 223 222** or visit [www.heartfoundation.co.za](http://www.heartfoundation.co.za)

## Healthy Tuck Shop Programme

The Heart and Stroke Foundation South Africa's Tuck Shop Programme aims at addressing unhealthy eating amongst school children and reducing childhood obesity.

We provide free nutritional advice and menu planning with the aim of making your school tuck shop healthier. If you would like your school to be part of this FREE programme or to subscribe to our seasonal newsletter, contact Ayesha Seedat on **021 447 4222** or [ayesha@heartfoundation.co.za](mailto:ayesha@heartfoundation.co.za). Provide your name, school name and contact details.

Here's to a heart healthy 2010 and remember to eat smart for your heart!

## Introducing the Heart Mark

The Heart Mark is a guideline and incentive for shoppers to instantly identify healthier products on the supermarket shelves.

Heart Mark products are:

- Lower in cholesterol
- Lower in saturated fat
- Lower in sodium
- Lower in sugar
- Higher in Fibre (where applicable) and



APPROVED AS PART OF  
THE HEART AND STROKE  
FOUNDATION EATING PLAN

For a detailed list of all Heart Mark products and restaurants to eat out at, visit the Heart Mark website [www.heartmark.co.za](http://www.heartmark.co.za) or call the Heart Mark department on **021 447 4222**