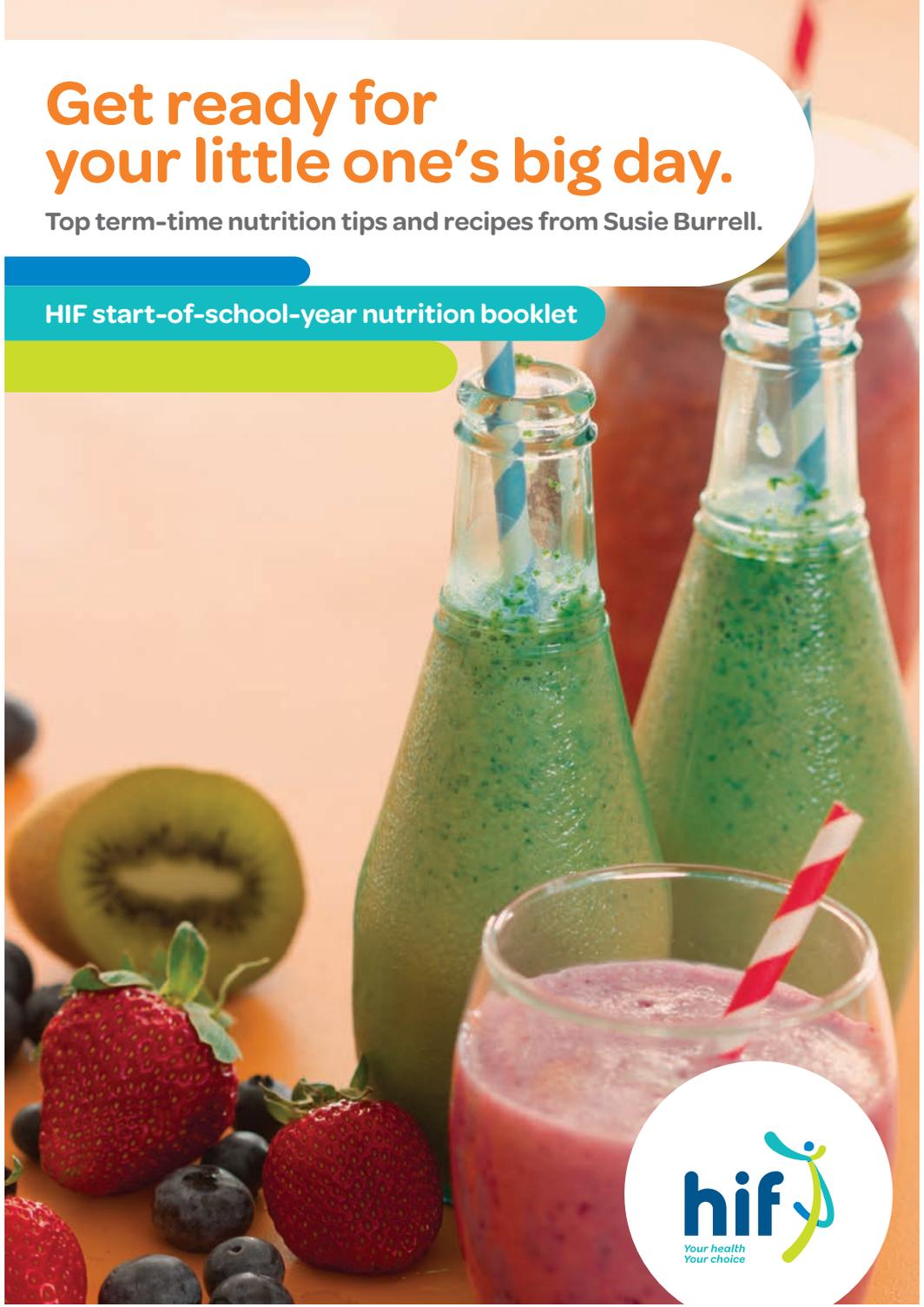


# Get ready for your little one's big day.

Top term-time nutrition tips and recipes from Susie Burrell.

HIF start-of-school-year nutrition booklet



## The big day is almost here for your little one

The start of school marks the beginning of a lifetime of learning. Their days will be full of new friends and new experiences, and as your little one grows, so will their energy needs and appetite. So how can you make sure they have the right fuel in their belly to feed their mind? How do you pack their lunchbox with the appetising goodness they need to do their best at school?

It's hard to know how, especially when kids can be so fickle about food. That's why we asked leading nutritionist and HIF blogger Susie Burrell to put together some term-time tips and recipes for you.



As well as being HIF's health and wellbeing blogger, Susie is one of Australia's leading dietitians with degrees in both nutrition and psychology. She is the resident nutritionist at Channel 7's Sunrise, has a weekly radio segment on the 2GB Afternoon Program with Chris Smith and is regularly seen in print media commenting on all areas of weight loss and nutrition. She has written 3 books including "*Losing the last 5kg*" and "*Lose Weight Fast*", runs the online weight loss program 'Shape Me' and has a nutrition practice in Sydney.



**Packing a tasty, nutritious and appealing lunchbox doesn't have to be difficult. In fact, a few simple steps will ensure you're able to tick all the key nutritional boxes for busy, growing children, without much fuss at all. You may even find that your kids like what you have packed in their lunchbox – imagine that!**

## First, some nutrition know-how

### 1) Sandwich or wrap

It doesn't really matter if you choose a slice or two of wholegrain bread, a wrap, small bread roll or even some leftover brown rice or pasta, but ideally the main item in your child's lunchbox will contain some wholegrain carbohydrates for energy, along with some lean protein for fullness.

You could try a chicken or ham wrap; some tuna with brown rice or pasta; a plain sandwich with spread and a hard-boiled egg on the side; or some brown rice sushi. If you're worried about freshness, freeze an ice cube or vegetable juice and use that to keep the lunchbox cool throughout the day.

### 2) Remember your 2 & 5

It's important that our kids learn to eat vegetables as part of their day-to-day diet. Some carrot sticks, baby tomatoes, cucumber, red capsicum slices or snow peas are all good options. When it comes to fruit, fresh is always best. Try a few cubes of melon, some berries in a small container or even a few frozen grapes as alternatives to apples, pears and stonefruit

### 3) A protein-rich snack

Kids love snack food, and if you choose protein-rich options – such as cheese and crackers, small tubs of yoghurt, flavoured milk or roasted

beans or chickpeas – you can combine snacking with some key nutrients. Protein-rich foods help to regulate blood glucose levels and keep kids full throughout the afternoon.

### 4) A wholegrain snack

Not all children will need another item in their lunchbox, but some active or older children may need the extra energy. One option is to pack an extra piece of fruit, but there are 'fun' alternatives. Why not try homemade mini muffins, popcorn or small wholegrain snack bars that contain <400kJ?

### 5) Water to drink

Water should always be the fluid of choice for healthy children. Keep a range of small water bottles handy and encourage your child to refill theirs regularly.

### 6) Enjoy a smooth(ie) start to the day

Any busy parent knows how handy it can be to have a nutritious, quick option to use as a meal or snack for their kids. A delicious smoothie can be the answer; kids love them and you can add plenty of healthy ingredients without them even realising it! So stop the food fights, it's time to get blending!

## Purple Dragon Smoothie



- 1/2 cup blueberries
- 3 strawberries
- 1/2 cup water
- 1/2 banana
- Ice cubes
- 1/2 cup milk

Blend all ingredients together.



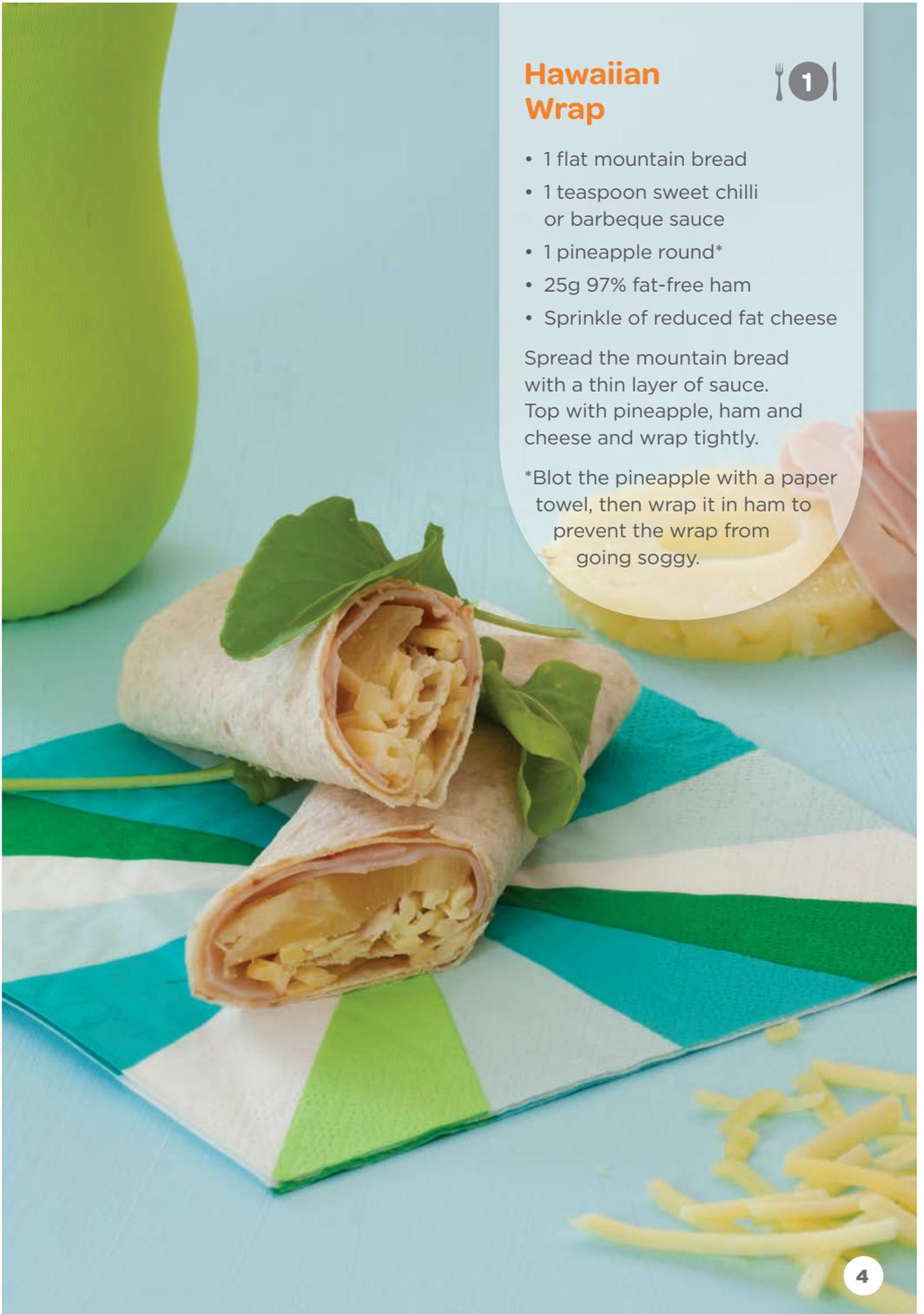
## Hawaiian Wrap



- 1 flat mountain bread
- 1 teaspoon sweet chilli or barbeque sauce
- 1 pineapple round\*
- 25g 97% fat-free ham
- Sprinkle of reduced fat cheese

Spread the mountain bread with a thin layer of sauce. Top with pineapple, ham and cheese and wrap tightly.

\*Blot the pineapple with a paper towel, then wrap it in ham to prevent the wrap from going soggy.



## Kids California Rolls



- ½ cup low fat mayonnaise
- 2 boiled eggs
- 1 Lebanese cucumber, finely diced
- 1 carrot, finely diced
- 1 tablespoon hoisin sauce
- 2 cups cooked sushi rice
- Salt reduced soy sauce (to serve)
- ½ avocado
- 10 nori sheets

Combine the mayonnaise and eggs, mashing them together.

In a separate bowl, combine vegetables with hoisin sauce.

Place the nori roll on a flat surface and spread with rice, leaving a 2cm border at the top. Spread the mayonnaise mix in the middle section, then top with the vegetable mix and sliced avocado. Roll and slice into hand-sized rolls.



Look for reduced fat varieties of mayonnaise to help keep saturated fat intake low

## Lunch Snack Box



- Small tin of salmon or cut up chicken pieces
- 2 tablespoons hommus
- ¼ avocado, cut into cubes
- 1 boiled egg
- ½ sliced cucumber
- 6 baby tomatoes
- ½ sliced red capsicum
- 1 piece small wholemeal pita bread, cut into squares

Place individual ingredients into a Tupperware lunchbox and enjoy mixed together or separate for a protein-rich lunch bowl.



## Mixed Berry Magic Smoothie



- 1 banana
- 1 cup mixed berries
- 1 cup unsweetened coconut water
- ½ cup vanilla yoghurt

Blend all ingredients together.



## Banana Berry Muffins



- 2 cups of plain flour
- 1/2 cup oats
- 3 tablespoons brown sugar
- 1 tablespoon honey
- 1 tablespoon baking powder
- 1 ripe banana, mashed
- 1/2 cup frozen berries
- 3/4 cup low fat milk
- 75 grams margarine
- 1 egg

Mix the flour, oats, sugar and baking powder. In a separate bowl, combine the banana, berries, milk, margarine, honey and egg.

Add the wet mixture to the dry ingredients slowly, until combined.

Spoon the mixture into muffin tins. Bake at 190°C for 20 minutes, or until cooked. Allow to cool before serving.

**Adding  
a variety of fruits  
to baked goods  
boosts the  
fibre content**



## Crunchy Chicken Noodles



- ¼ cup rice vinegar
- 2 tablespoons sesame oil
- 1 tablespoon sugar
- ¼ iceberg lettuce
- ½ cup cooked chicken breast
- ½ red capsicum
- 1 cup 97% fat-free, two-minute noodles
- ¼ avocado (sprinkled with lemon juice)

Whisk together the vinegar, oil and sugar.

Mix the salad ingredients (except the avocado and noodles) and drizzle with dressing. Top with crunchy noodles and avocado.



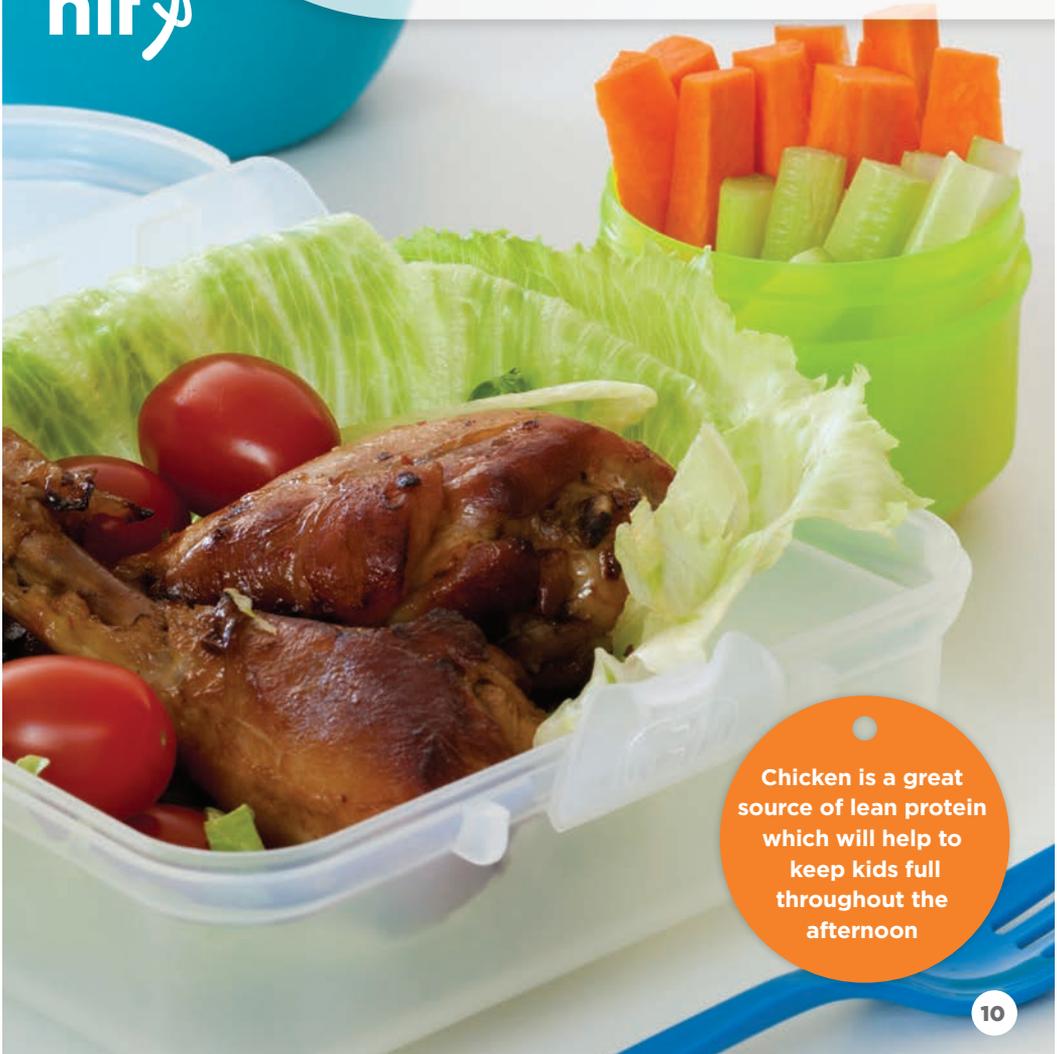
## Honey Soy Chicken Drumsticks



- 8 chicken drumsticks, skin removed, trimmed of fat
- 2 teaspoons sweet chilli sauce
- 2 teaspoons sesame oil
- 2 tablespoons honey
- 1 teaspoon salt reduced soy sauce
- ½ cup orange juice

Combine the sweet chilli sauce, sesame oil, honey, soy and orange juice.

Place the drumsticks and marinade mixture into a shallow ovenproof dish, cover and bake in a moderate oven for 40 minutes.



Chicken is a great source of lean protein which will help to keep kids full throughout the afternoon

## Summer Watermelon Salad



- 1 cup cubed watermelon
- ½ Lebanese cucumber, cut into pieces
- 4 strawberries, cut in halves

### Dressing

- ½ cup of 100g plain yoghurt for dipping

Combine the salad and fruit ingredients in a bowl or lunchbox. Place yoghurt in a separate container for dipping.





## Green Goblin Smoothie



- Handful of kale
- 1/2 a banana
- 1 kiwi fruit
- 1 cup of any type of milk
- 1 tbsp. chia seeds

Blend all ingredients together and top with chia seeds.

## Stuffed Avocado

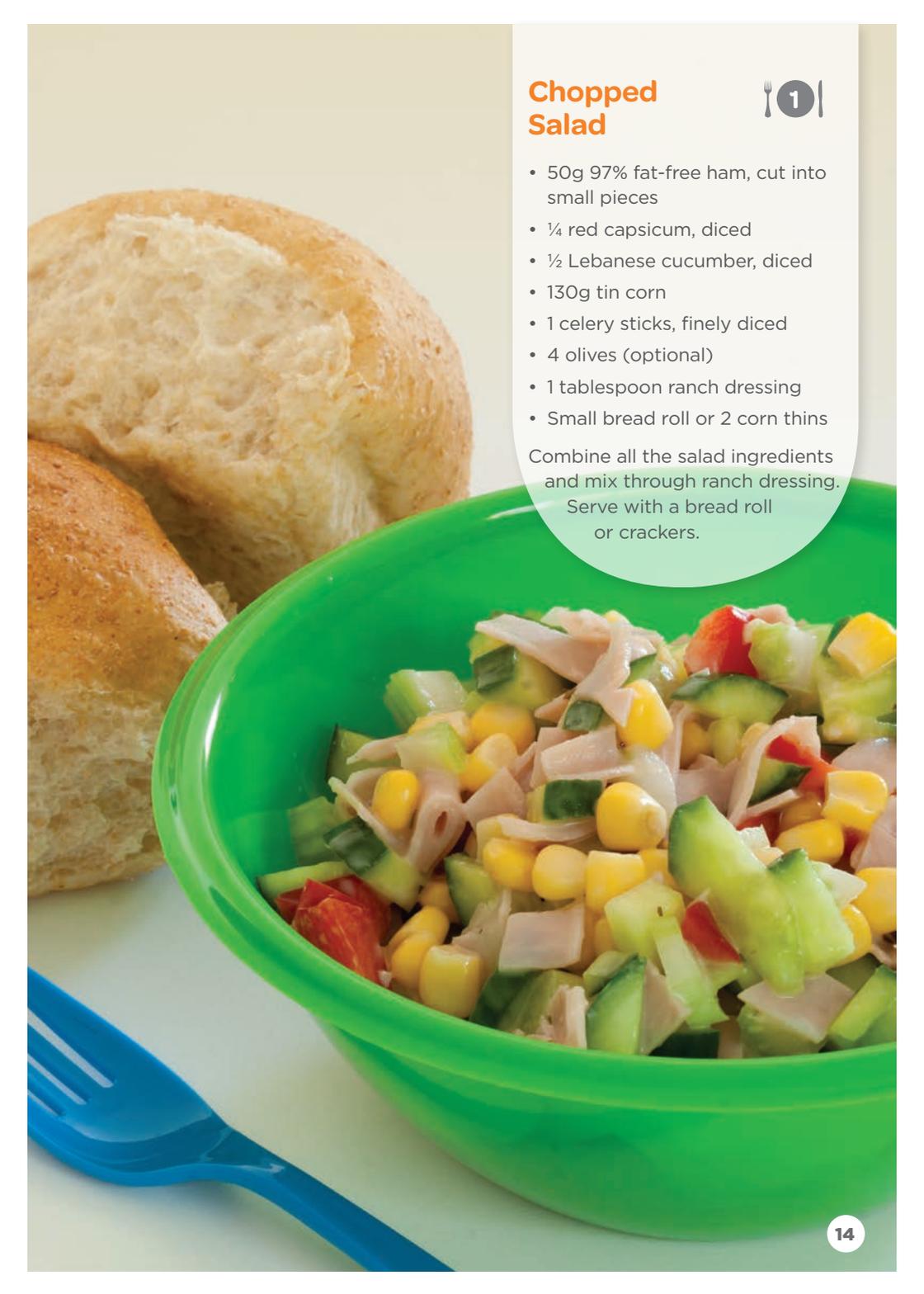


- ½ medium avocado, seed and 2 teaspoons of flesh removed
- 95g can tuna
- 2 tablespoons mayonnaise
- ½ cup corn
- ¼ lemon

Mix together the tuna, corn, mayonnaise, and avocado. Spoon the remaining mixture into the avocado and squeeze with lemon to stop it going brown.



Did you know...  
Avocado and hummus  
are both rich sources  
of heart healthy  
monounsaturated  
fat



## Chopped Salad



- 50g 97% fat-free ham, cut into small pieces
- ¼ red capsicum, diced
- ½ Lebanese cucumber, diced
- 130g tin corn
- 1 celery sticks, finely diced
- 4 olives (optional)
- 1 tablespoon ranch dressing
- Small bread roll or 2 corn thins

Combine all the salad ingredients and mix through ranch dressing. Serve with a bread roll or crackers.

## Oat Clusters

12

- ½ cup honey
- 2 tablespoons no-added-salt butter
- ¼ cup no-added-salt/sugar peanut butter or 97% fat-free sweetened condensed milk
- 1 cup rice bubbles (or alternative cereal)
- 1 cup oats
- ¼ cup dried cranberries (craisins)

Combine and heat the honey, peanut butter and butter over a medium heat, stirring until smooth.

Remove from heat and add oats, cereal and dried fruit.

Drop spoons of the mixture onto a baking tray and refrigerate until set. Makes 24 clusters.

**Sugar free nut spreads are a rich source of protein and good fats**





## Green Monster Smoothie



- Handful of kale
- 1 tbsp. MILO
- 200ml milk
- 2 drops of peppermint essence
- 2 tbsp. rolled oats
- 2 tbsp. natural or Greek yoghurt
- Ice cubes

Blend ingredients.

## Mountain Bread Pizza



- 1 mountain bread
- 1 tablespoon salt-reduced tomato paste
- 50g 97% fat-free ham or chicken breast
- 1 ripe tomato, finely chopped
- ¼ red capsicum, seeded, finely chopped
- 2 button mushrooms, thinly sliced
- ¼ cup (100g) reduced-fat grated cheese

Preheat oven to 180°C. Spread the tomato paste evenly over the mountain bread.

Arrange the ham or chicken, tomato, capsicum and mushroom over each prepared base and sprinkle with cheese.

Bake in the preheated oven for 15-20 minutes, or until crisp and cheese melts.



Grain or wholemeal breads are the best bread options for children nutritionally



**hif**

Your health  
Your choice

## Sandwich Sushi



- 2 slices high-fibre white or wholemeal bread, crust removed
- 2 tablespoons extra light cream cheese
- ¼ avocado
- ⅓ cup finely grated carrot
- ½ Lebanese cucumber, cut into lengths

Flatten the bread slightly with a rolling pin and spread with cream cheese.

Spread a thin layer of avocado on the bread, sprinkle with the carrot and top with a stick of cucumber. Fold over the bread to enclose the filling and then roll it up.

Cut each sushi roll into three.



## Frozen Yoghurt Cups



- 150g Greek-style yoghurt
- ½ cup berries
- 1 tablespoon choc bits

Mix the ingredients together and freeze into individual frozen yoghurt pops or in small containers.

Always choose natural Greek style yoghurts to help reduce sugar intake

## Lunch Muffins

12 |

- ½ cup oat bran
- 1 cup wholemeal flour
- 1 teaspoon baking soda
- 1½ teaspoon baking powder
- ½ cup muesli
- 1 egg
- 4 tablespoon canola oil
- ½ teaspoon vanilla essence
- ¼ cup sugar
- ½ cup of milk
- ½ cup frozen berries

Mix the bran, flour, baking powder, baking soda and muesli together. In a different bowl, whisk the egg, milk, oil and vanilla. Add berries and sugar. Mix with dry ingredients. Spoon batter into muffin tins and bake for 20-25 minutes at 180C until cooked through.

Oatbran,  
berries and  
wholemeal flour  
are rich sources  
of dietary fibre

# WIN

a George Foreman  
Mix & Go Pro!



#### TERMS AND CONDITIONS

- Competition will be drawn on Monday 2 March 2014 at HIF head office (Stirling Street, Perth WA).
- Prizes are not transferable for cash or goods.

## Tell us your favourite type of smoothie flavour...

Renowned as the “Summer entertainer’s best friend”, the George Foreman Mix & Go Pro is the perfect kitchen appliance for healthy juices, smoothies, delicious dips and other quick and easy daily tasks. And guess what? HIF have **FIVE** to giveaway.

To enter, simply visit [hif.com.au/smoothie](http://hif.com.au/smoothie) and tell us your favourite smoothie flavour. It’s that easy! Submit your own smoothie recipe too for the chance to win a bonus prize and be published on our blog.

But hurry, the competition closes on Friday Feb 27 Feb 2015 at 5pm (WST) and winners will be selected at random on Monday 2 March 2015 at 2pm (WST)



*Good luck!*

- The winner must be a current financial member of HIF and a current Australian resident at the time of the draw.
- HIF Directors, employees and their immediate family and HIF contractors are not eligible to enter.

## Your health Your choice

For more recipe ideas and other healthy tips for you and your family, visit [hif.com.au/blog](http://hif.com.au/blog)

Our Healthy Lifestyle Blog features regular articles from a panel of Australian experts, including:

- Health & Wellbeing by Susie Burrell, one of Australia's top nutritionists
- Fitness & Exercise by professional fitness coaches Brian Killian and Matt Fuller
- Dental Healthcare by Dr Emma, a practicing dentist with a wealth of knowledge
- Healthy Recipes by recipe blogger and food photographer Helen Schofield of [ScrummyLane.com](http://ScrummyLane.com)

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