

Friday, 23 January 2015

Give your kids a fibre boost: back-to-school lunchbox tips ***Keep kids active and alert with 3-4 high fibre grain serves a day***

It's back-to-school time and after a lazy summer break, every parent feels the pressure to provide healthy food options to get their little ones through a busy school day.

Many Australian children don't get enough fibre in their diet, but the great news is, it's not difficult to add fibre to your kid's diet using nutritious foods they love, according to the Grains & Legumes Nutrition Council™ (GLNC).

Michelle Broom, APD and GLNC Nutrition Program Manager, says grain foods high in dietary fibre provide fuel for the body and brain, and play an important role in gut health, immunity and weight management.

"A lack of grain-based high fibre foods in the diet can have real effects on children. Not only may they lack the fuel they need to play and learn, but they risk not getting essential nutrients needed to support growth, brain function and immunity.

"If kids don't get enough fibre in their diets it can also lead to digestive problems including constipation. Dietary fibre, together with water and an active lifestyle, is the most effective treatment to ensure regularity," she said.

According to Australia's most recent National Health Survey¹, Aussie kids get almost one third of their daily fibre intake from core grain foods like breads, breakfast cereals, pasta and rice – more than from any other food group.

"It can be as simple as including a high fibre or whole grain cereal for breakfast, a wholemeal bread sandwich for lunch and half a cup of brown rice in a stir-fry at dinner. If kids prefer meat and veggies at dinner, fibre can also be integrated into snack times through whole grain crispbreads or plain air popped popcorn," Mrs Broom said.

"The key is choosing a variety of fibre. While fibre can be found in small amounts across a number of foods, it's hard for children and adults to meet their daily fibre intake without grain foods."

Jennifer Madz, APD & ACCSD and Healthy Kids Association Nutritionist, says adding nutritious high fibre or whole grain foods to the school lunchbox is a great way to make a significant contribution to a child's fibre needs every day.

"Getting organised ahead of time makes it easier to strike the balance in nutritious healthy foods and kids who are happy when they open up their lunchboxes," she said. While fibre is vital for healthy digestion, Ms Madz warned it should be combined with adequate water intake and exercise daily.

"Parents play a significant role in shaping positive eating behaviours for kids to ensure healthy eating habits for life. It's important for all kids to eat a variety of foods from the five food groups, including grain foods, legumes, dairy, lean meat, fruit and vegetables.

Healthy eating starts in the home and the start of a new school year is the perfect time to set up a good eating pattern for the year ahead."

8 easy ways to boost fibre for kids

1. **Start the day with cereal** - Select whole grain or high fibre breakfast cereals with minimal added sugar.
2. **Provide a snack that counts** - Opt for whole grain crackers and cheese.
3. **Pack a sandwich or wrap** - Use wholemeal, whole grain or high fibre bread filled with salad and vegetables.
4. **Order a nutritious hot meal from the canteen** - Choose options with pasta or rice with lots of vegetables. Whole grain pasta and brown rice are best, if available.
5. **Mix up flours when baking** - Replace $\frac{1}{4}$ - $\frac{1}{2}$ the white flour with wholemeal.
6. **Pack 2 serves of fruit every day** - Also include vegetables at every meal.
7. **Include a handful (30g) of nuts** - For families without nut allergies, as a snack or meal addition.
8. **Use legumes to keep salads and snacks interesting** - Use kidney or cannellini beans and try adding lentils to pasta sauces, casseroles and bakes.

Lunchbox recipes to keep the kids happy (available upon request)

Forget the guilt, jumpstart the new year by planning ahead with some economical but delicious and easy to prepare high fibre lunchbox options.

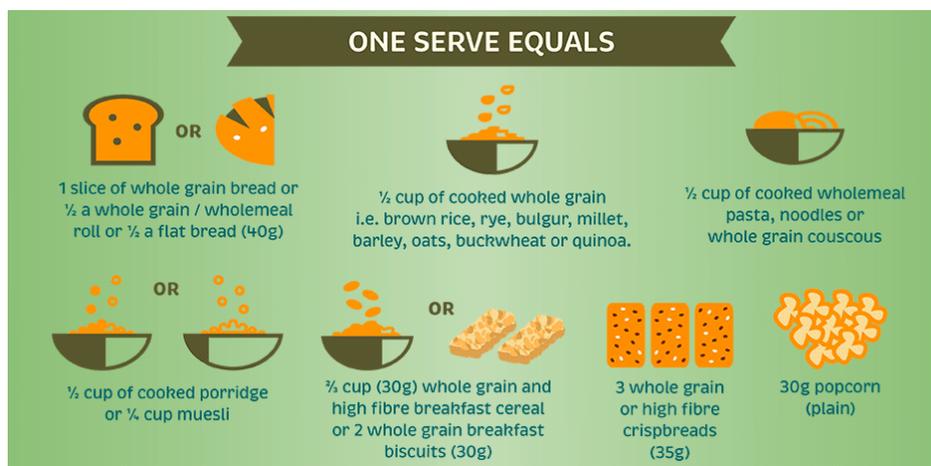
- Spaghetti Frittatas / Muffins
- Veggie Rice Slice
- Meatball Sub

Recommended daily fibre intakes for kids:

Read the food packaging labels for guidelines on how much fibre is contained in foods.

	Age	Recommended Daily Fibre Intake
All	1 – 3 yo	14g/day
	4 – 8 yo	18g/day
Girls	9 – 13 yo	20g/day
	14 – 18 yo	22g/day
Boys	9 – 13 yo	24g/day
	14 – 18 yo	28g/day

Guide to serves



Source: Grains & Legumes Nutrition Council™ (GLNC)

For more information on the nutrition and health benefits of grain foods visit the Grains & Legumes Nutrition Council™ website www.glnc.org.au.

ENDS

For more information:

Visit our Newsboost page at:

<http://www.newsboost.com/newsroom/grains-legumes-nutrition-council>

Alternatively, please contact:

Annalise Bertram, The POP Agency

Phone: 02 8204 3761 or Email: annaliseb@thepopagency.com

<mailto:g.aley@glnc.org.au>

¹ *The Australian Health Survey 2011-13 (AHS)*, <http://www.abs.gov.au/australianhealthsurvey>