



What to put in the lunch box of our kids ?

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Why?

- Diet – health
- Not enough
 - Tired
 - Micronutrient deficiencies
 - Stunting
- Too much: non transmissible diseases
 - Long duration
 - Diabetes
 - Cardiovascular disease
 - Cancers
 - Chronic Respiratory diseases
- Not adapted

Dietary advices from the French government

- Increase fruits and vegetables consumption
 - Raw, cooked, alone, prepared, fresh, frozen, canned
 - At least 5 a day
- Consume food rich in calcium
 - Dairies
 - Vegetables, some mineral water
- Limit consumption of fat
 - Pastry, croissants, ...
 - Butter, sauces,...



Fruits and vegetables



At least 5 a day

Bread, cereal, potatoes,
legumes



Each meal, depending on the
appetite

Dairies



2 to 3 times a day

Meat, poultry, fish,
eggs



1 to 2 times a day

Added fat



Limit consumption

Sweetened products



Limit consumption

Drinks



Water unlimited

Salt



Limit consumption

Physical activity



At least 30 min/day

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Snack					
Lunch					
Snack					
Dinner					

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Starchy foods Proteins Fruit Drinks	Starchy foods Proteins Fruit Drinks	Starchy foods Proteins Fruit Drinks	Starchy foods Proteins Fruit Drinks	Starchy foods Proteins Fruit Drinks
Snack					
Lunch					
Snack					
Dinner					

Breakfast

- Starchy foods: Bread, Cereals Injera, ...
- Proteins: Dairies, eggs, ham, ..
- Fruit: Oranges, Mangoes, Bananas, ..
- Drinks: Water, milk, fruit juice limit (less nutritious)



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
<u>Snack</u>					
Lunch					
<u>Snack</u>					
Dinner					

Snack: to avoid to be hungry

Fruits every day:

Bananas

Guavas , Strawberries,
Raspberries, Mangoes,
Pineapple, Fruit purée

Eating vegetables:

Small tomatoes, carrots



Biscuits and pastries:

Biscuits easy

Cakes homemade

Pastries to limit



Bread:

Jam

Honey

Chocolate

Cheese



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Snack					
Lunch	Starchy foods Proteins Fruit Water	Starchy foods Proteins Fruit Water	Starchy foods Proteins Fruit Water	Starchy foods Proteins Fruit Water	Starchy foods Proteins Fruit Water
Snack					
Dinner	Starchy foods Proteins Fruit Water	Starchy foods Proteins Fruit Water	Starchy foods Proteins Fruit Water	Starchy foods Proteins Fruit Water	Starchy foods Proteins Fruit Water

Lunch and dinner

- Depending on you needs, taste, time, ingredients :
 - Complete meal (starter, main course, cheese and salad, desert),
 - Or unique dish (chicken/rice/green beans)
 - Or pancake/salad, quiche/tomatoes salad, pizza/raw vegetables
- Alternate
- Vegetables and fruits all forms: think of soup
- Dairies: cheese on pasta

Lunch box

- Sandwiches, diversify:
 - Bread
 - Proteins: ham, chicken, meat, eggs, tuna, cheese
 - Raw vegetables: tomatoes, cucumber, salad, carrots, ratatouille, ...
 - Butter, or oil and vinegar, or **cheese** (vache qui rit, ricotta..) or **mustard**
 - Aromatic herb: basil, parsley, oregano, ...

Lunch box

- Mixed salad, Diversify:
 - Starchy foods: pastas, rice, semolina, injera, bread aside, lentils, potatoes
 - Proteins: ham, chicken, red meat, eggs, tuna, cheese
 - Raw vegetables: tomatoes, cucumbers, salads, carrots, ratatouille, ...
 - Sauce: oil, vinegar, mustard
 - Aromatic herbs: basil, parsley, oregano, ...

Lunch box

- Hot meals:
 - Starchy foods: pasta, rice, semolina, injera, lentils, potatoes
 - Proteins: ham, chicken, red meat, eggs, tuna, cheese
 - Vegetables: tomatoes, cucumber, salads, carrots, ratatouille, ...

Lunch box

- Choice:
 - Sandwich or mixed salad or hot meal
- Dessert?
 - Fruit, cheese
- Drinks: WATER

Lunch box: a few rules

- Hot or cold?
 - No problem
 - Keep it hot (prepare in the morning)
 - Keep it cold
- Think about the balance between the meals
- Respect you kid's taste BUT open their mind
 - Propose new things
 - Test at home during week-ends, holidays
 - You're responsible for their health so that for their diet

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Starchy foods	Starchy foods	Starchy foods	Starchy foods	Starchy foods
	Proteins	Proteins	Proteins	Proteins	Proteins
	Fruit	Fruit	Fruit	Fruit	Fruit
	Drinks	Drinks	Drinks	Drinks	Drinks
Snack	Fruit	Fruit	Fruit	Fruit	Fruit
Lunch	Starchy foods	Starchy foods	Starchy foods	Starchy foods	Starchy foods
	Proteins	Proteins	Proteins	Proteins	Proteins
	Fruit	Fruit	Fruit	Fruit	Fruit
	Water	Water	Water	Water	Water
Snack	Fruit/bread+?	Fruit/bread+?	Fruit/bread+?	Fruit/bread+?	Fruit/bread+?
Dinner	Starchy foods	Starchy foods	Starchy foods	Starchy foods	Starchy foods
	Proteins	Proteins	Proteins	Proteins	Proteins
	Fruit	Fruit	Fruit	Fruit	Fruit
	Water	Water	Water	Water	Water

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Bread+ Jam Milk	Bread+ Honey Milk	Bread + Jam Milk	Bread +Honey Milk	Bread + Jam Milk
Snack	Water melon	Water melon	Strawberries	Strawberries	Guava
Lunch	Sandwich Water	Mixed salad Water	Hot meal Water	Sandwich Water	Mixed salad Water
Snack	Apple Bread+choc	Banana Bread+Cheese	Apple Chocolate cake	Banana Pancakes	Apple Biscuits
Dinner	Soup Pasta Water melon Water	Chicken Rice Green beans Chocolate cake Water	Steak Potatoes Ratatouille Yogurt Water	Cottage Pie Raw vegetables Yogurt Water	Pizza Raw vegetables Chocolate cream Water

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Bread + eggs Orange	Bread + avocado Milk	Bread + jam Milk	Bread + eggs Orange	Bread + avocado Milk
Snack	Water melon	Water melon	Orange	Orange	Guava
Lunch	Sandwich Water	Chicken, potatoes Raw vegetables Water	Chicken, rice, green beans Water	Fish, rice, vegetables Water	Minced meat, vegetables, maize Water
Snack	Orange Bread+cheese	Orange Biscuits	Orange Biscuits	Orange Bread+cheese	Banana Biscuits
Dinner	Chicken, potatoes Raw vegetables Water	Chicken, rice, green beans Water	Fish, rice, vegetables Water	Minced meat, vegetables, maize Water	Chicken, rice, Raw vegetables Water

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fir fir Orange	Chechebsa Orange	Fir fir eggs Milk	Bread+ jam Milk	Kinche Orange
Snack	Water melon	Water melon	Orange	Orange	Guava
Lunch	Injera Shiro Water	Injera Wot meat Water	Injera Bayenat Water	Injera Wot meat Water	Injera bayenat Water
Snack	Banana Bread+cheese	Banana Bread+cheese	Banana Biscuit	Guava Biscuit	Guava Bread+cheese
Dinner	Pasta Cheese Raw vegetables Water	Injera , Tibs Carrots Green beans Water	Injera Gomen Shiro Water	Pasta bolognese Cheese Raw vegetables Water	Injera Gomen Shiro Water

To limit

- Processed foods:

- Crisps
- Soft drinks
- Viennoiseries / pastries: better bread and chocolate than croissant with chocolate

300 kcal /100g



- At home

- Avoid fried foods (once a month)
- Not too much sauce
- Limit mayonnaise
- Reference
 - 2 table spoons oil/person/day

400 kcal /100g
butter



Some links

- Recommendations, booklets to download
 - www.mangerbouger.fr/PNNS
- Recipes ideas
 - www.marmiton.org/
 - <http://www.vegan-france.fr/recettes-vegan.php> (fasting)
 - <http://www.enviedunerecette.com/category/sale/apero/page/3/> (fasting)
- Sometimes need to adapt to local ingredients
 - Change the fruits (mango/ peer)
 - Peanuts instead of almonds, ...

A photograph of a fruit stand. The stand is filled with various fruits. In the foreground, there are several large watermelons with green and white stripes. To the left, there is a large pile of oranges. In the center, there are several plastic bags hanging from a metal rack, containing a mix of fruits including apples, oranges, and what appears to be a kiwi. To the right, there are several bunches of yellow bananas hanging from a metal rack. The background is dark, making the colorful fruits stand out.

Thank you for your attention