

# Three Outstanding Orange Foods



**Hassle-Free Healthy Lunch Box Tips with Belinda Smith.**

To recap what we've covered so far - the secret to getting lunch box food eaten is to make it colourful, and fresh is best. This week's tip is to include Orange foods. Here's 3 outstanding orange foods but feel free to include others your family likes.

## 1. The Wonderful Carrot

Slice them in rounds, cut them in wide wands, or slice them in thin sticks, carrots are too easy not to include in the lunch box. Carrots help detoxify our system and build new cells. They are great for strengthening our eyes, bones, nails, hair and great for boosting our immunity.

## 2. The Humble Orange Itself

Forget orange juice - the whole orange fruit is best. They are high in vitamin C so great for immunity, full of fibre so stimulates digestion and are sweet but have a low GI rating so won't cause a sugar crash.

## 3. The Surprising Sweet Potato

Ok so this may be one you haven't thought about. Roasted it's super sweet and almost like caramel but it's easily snuck into cakes too (see below). They contain vitamin C but most importantly they contain vitamin D and magnesium, both of which are important for good mood.



*Outstanding Orange Foods!*

### **Ideas**

- Carrot wands or sticks with hummus or avocado dip, or skewered with cheese cubes
- Orange moons or wedges - you can also freeze for a bit of afterschool fun!
- Healthy yummy foods - go to <http://rootcau.se/5>

These Hassle Free Healthy Lunch Box Tips are brought to you by Bel Smith, Health & Wellness Coach. For more lunch box inspiration and a FREE eBook, subscribe via email at [therootcause.com.au](http://therootcause.com.au).

