

## Add some variety

### Sauces and spreads

Add these to sandwiches or salads.

Natural yoghurt

Low fat mayonnaise or salad cream

Mashed avocado

Tomato sauce

Mustard

Pickles

Pesto

### Salt

Try not to choose salty foods everyday

### Low sugar extras

Sugar free jelly

Natural yoghurt

Tinned fruit in natural juice

### Tasty ideas:

Instead of sandwiches – try leafy or pasta salads, with a low fat dressing.

Making a pizza – add tomato sauce to pitta bread, sprinkle with cheese, add your favourite vegetables and bake under the grill.

### Helpful ideas:

Try to include children in some of the preparation for their lunch.

Help them choose the vegetables and fruits in the shops.

Let the children wash and dry the fruit before placing it in the lunch box.

## Dive into your lunchbox



### **A practical guide for creating healthy, enjoyable packed lunches.**

Choose one item from each category (apart from fruit and vegetables as these are unlimited).

Try a different combination every day!

# Making a balanced and tasty lunch

## Starchy food

Use these as the base of your lunch to keep your energy levels up!

Sliced wholemeal, granary, rye or white bread

Wholemeal or white, crusty or soft rolls

Pitta breads

Crisps bread

Crackers

Bagels

Baguette

Wholemeal or white muffins

Cooked pasta

Wholemeal or white wraps

Wholemeal or white flatbreads

## Protein

Add one of these to your sandwich, wrap or salad.

Salmon, Tuna, Mackerel or Sardines

Prawns

Quorn

Cheese spread

Cheese – any type

Low fat meat pate

Low fat fish pate

Ham

Chicken

Turkey

Beef

Boiled egg

Hummus

## Vegetables and fruits

Have as many of these as you like (at least 2 portions).

Tomatoes

Apples

Lettuce

Pears

Cucumber

Bananas

Carrots

Oranges

Sweetcorn

Kiwi

Radish

Pineapple

Cress

Grapes

Celery

Melon

Spinach

Strawberries

Mushrooms

Plums

Peas

Blueberries

## Sources of calcium

For healthy bones aim for a portion with each lunch!

Cheddar or other hard cheese

Cottage cheese

Yoghurt

Fromage frais

Small rice pudding

Custard

Cup of milk

## Drinks

Include a drink with each meal

Water

Milk

Diluted fruit juice

Sugar free drink