

Healthy Packed lunch Ideas

Each day, a healthy packed lunch box should contain one of each of the following food groups

A portion of starchy food

White or wholegrain bread, rolls, pitta bread or wraps, plain naan bread, bagels, cooked pasta, rice, noodles, couscous or potato as a salad.

A portion of meat, fish, eggs, beans or other non-dairy sources of protein

Sliced meat, chicken, fish, sliced egg in sandwiches, rolls or wraps, meat alternatives such as tofu or pulses like kidney beans and chickpeas in salads.

A least one portion of fruit and/or vegetable

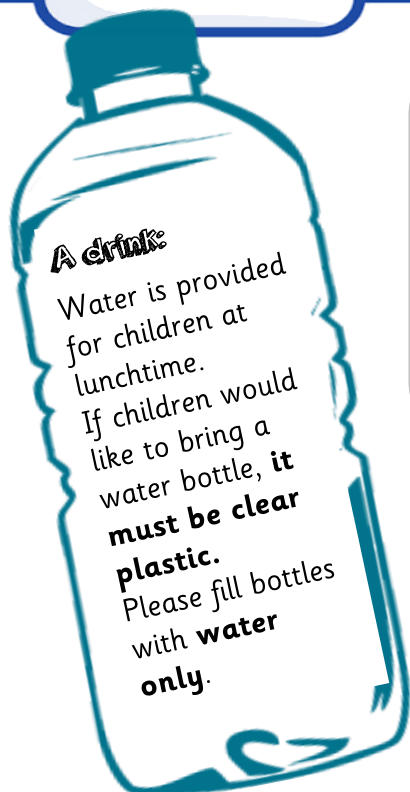
Fresh, frozen, canned or dried, these can all count toward 5-A-DAY

Vegetables: Carrot, cucumber, pepper or celery sticks, tomatoes, grated carrot in sandwiches or wraps, sweetcorn, peas or pulses in salad.

Fruit: sliced apple or melon, plums, grapes, strawberries, kiwi, satsumas, chunks of pineapple or dried fruits.

A portion of milk or dairy foods

Yoghurt or fromage frais, cheese in sandwiches or wraps



Desserts, cakes, biscuits, and crisps: these foods are high in saturated fat, sugar and salt - too much of these foods can be harmful to health.

- ✓ Try to make desserts, puddings and cakes with fruit or milk, such as a banana muffin or rice pudding.
- ✓ Limit confectionary such as chocolate, sweets or cereal bars to help protect your child's teeth.
- ✓ Avoid salty snacks such as crisps. Replace with plain breadsticks.

