



# Healthy Lunch boxes



## A balanced packed lunch should contain:

- Starchy foods. These are bread, rice, potatoes and pasta, and others.
- Protein foods. These are meat, fish, eggs, beans and others.
- A dairy item. This could be cheese or yoghurt.
- Vegetables or salad, and a portion of fruit.

### Fruit:

- Fresh whole or cut up in a small container; *\*kiwi can have the top sliced off and be eaten with a spoon like a boiled egg*
- Mashed such as banana as a sandwich filling
- Dried

### Vegetables:

- Fresh whole, cut up in a small container or grated *\*try with a salsa, a dip or hummus*
- Salad and grated veg as a sandwich filling
- Vegetable soup
- Mixed in with pasta, rice, couscous, potato or noodles as a cold salad

### Milk & Dairy foods:

- Cream cheese
- Cottage cheese
- Hard cheese  
*\*Watch for hidden salt content*
- Yoghurts
- Fromage frais
- Carton of milk  
*\*Natural yoghurt can have fruit puree or honey and muesli or other cereal added.*

### Meat, fish and alternatives:

- Sliced lean meats
- Grilled bacon
- Tuna
- Salmon
- Tinned oily fish such as sardines
- Boiled eggs
- Vegetarian spreads, such as bean pate & hummus
- Add cooked lentils, beans or pulses to cold salads and soup

### Drinks: Water is best but you could choose.....

- Fruit juice (pure) - *\*this can only count as 1 portion day of your recommended fruit & veg intake per day, no matter how many glasses you have.*
- Hot chocolate (without sugar)
- Sugar free squash
- Milk
- Soup
- Mineral water or sparkling water. You can add half water and half fruit juice to make a healthy alternative to fizzy drinks

## Top tips:

- Substitutes for foods containing fats & sugars  
Instead of crisps, try:
- Rice puffs or rice cakes
  - Plain popcorn
  - Unsalted tortilla chips
  - Bags of mini dried fruit
- Use brown or wholemeal bread instead of white

### Healthier cakes:

- Tea cakes
- Flapjack (homemade)
- Fruit scones
- Plain biscuits such as Digestive
- Some cereal bars (check the labels as some can contain high fats, sugar & salt.)
- Cakes with fruit such as Fruit muffins, apple cake, banana cake, carrot cake (homemade is best)

### Bread, cereals & potatoes:

- Tortillas/ Wraps
- Bagels
- Pitta
- Muffins
- Savoury breads & Scones
- Plain popcorn
- Rice cakes/oat cakes
- Crackers
- Crispbreads
- Breadsticks

[www.change4life.co.uk](http://www.change4life.co.uk)  
For more healthy living tips  
Or see Parent information sheets on  
[www.stpaulspg.co.uk](http://www.stpaulspg.co.uk)

## The benefits

Healthy eating benefits us by:

- Increasing our concentration
- Gives us more energy
- Helps fight infection and illness
- May help prevent your child from developing certain cancers in their later life
- May prevent your child

## Do's and Don'ts

- Eat plenty of fruit & veg, 5+ portions a day
- Eat more starchy foods such as bread, potatoes, cereals and pasta
- Have regular meals
- Don't eat too many fatty or sugary foods
- Don't eat sweets, crisps, biscuits, cakes etc between meals, give at meal times, after a meal and in small quantities
- Don't eat too much salt
- Eat a variety of foods from the 5 food groups.

**Food groups;** you should choose more items from the top and less from the bottom

- Fruit and vegetables
- Breads, other cereals & potatoes
- Meat, fish & alternatives
- Milk & Dairy foods
- Foods containing fats and sugars

## Lunch box suggestions:

1. Hummus with vegetable sticks for dipping, crackers, tea cake, fruit yoghurt, Satsuma and water.
2. Chicken, lettuce and cherry tomato roll, fruit yoghurt, portion of dried fruit, orange juice.
3. Potato and vegetable salad, with diced chicken (no skin), slice of melon, cereal bar and apple juice
4. Salmon or tuna and cucumber sandwich, fresh or tinned fruit salad with fromage frais, slice of banana cake and water.
5. Wholemeal roll with; hard boiled egg, cress or watercress & cherry tomatoes, fruit flapjack, fromage frais and apple juice
6. Bagel with cream cheese, cherry tomatoes, pineapple rings, malt loaf and a tropical fruit smoothie or fruit juice.
7. Tuna with pasta and sweetcorn, cheese sticks, cereal bar, an orange and water
8. Mashed banana sandwich, portion of dried fruit, slice of apple cake, mini fruit jelly and milk
9. Wholemeal English muffin pizza (with cheese, cherry tomatoes and spinach), nectarine, banana and blueberry smoothie (made with semi-skimmed milk)
10. Houmous, red pepper and grated carrot wrap, grapes, creamed rice pot, slice of malt loaf, water
11. Egg and tomato roll, two oatcakes and low-fat cheese, carrot sticks, dried apricots, milk
12. Edam cheese, ham and lettuce pitta pocket, tomato, small flapjack, nectarine, reduced-fat yoghurt drink