



Food Facts

Pack a Healthy Lunch

Packed lunches don't have to be boring. With a little thought and imagination they can be fun, healthy and tasty too. Just include something from each of the four main food groups, pop in a drink and away you go!



1. Start with the basics - bread, cereals and potatoes.

- Try different types of bread, eg sliced bread, bread rolls, pitta breads, bagels, baguettes, muffins, crackers,..... the list is endless!
- Go for a variety of breads too - wholemeal, granary, high fibre white, brown or white
- Why not try basing your lunch on rice, pasta or potatoes instead of sandwiches sometimes, eg pasta salad



2. Add a tasty filling - meat, fish and alternatives. Try to include lean meat, chicken, fish, eggs, nuts, beans or pulses in your lunchbox:

- Egg mayonnaise and cucumber
- Mashed sardines and tomato
- Chicken tikka and salad
- Peanut butter and banana
- Ham, cheese and tomato



Remember if you are using a spread to choose a reduced fat one - or do without it completely if you are using a moist filling.



3. Feeling fruity? It's important to eat 5 (or more) portions of fruit and vegetables every day. You won't be stuck for choice when it comes to lunchtime:

- fresh fruit - apple, grapes, banana, kiwi
- fruit dried fruits, eg raisins,

apricots

- chopped raw vegetables, eg carrot sticks, cherry tomatoes or a mixed salad
- tinned fruit in natural juice- pop into a small container or buy in small tins with a ring pull

4. Dairy delights

Try to include some dairy products in your lunchbox - important to keep your teeth healthy and your bones strong:

- low fat yogurt -plain or fruit flavoured
- low fat fromage frais
- small pot of rice pudding
- milkshake



Added extras

Fancy a 'treat' in your lunch-box? There's nothing wrong with this. Just try and make healthier choices when you can:

- reduced fat crisps or twiglets
- fruit cake, currant bun, scone or slice of carrot cake,
- plain popcorn
- plain biscuit, eg digestive or cereal bar
- fun sized bar of chocolate



And finally, if you haven't already done so -

POP IN A DRINK.

Choose from:

- Water
- Plain or flavoured milk
- Pure fruit juice in small cartons or in a small bottle
- Low calorie squash or diet drinks - small cans are now available
- And don't forget hot drinks in the winter, eg soups



Remember to keep your lunch cool:

- Use a cool bag and pop in an ice-pack or freeze a carton of juice and place in with food to keep cool.
- Keep in the fridge until morning if you make it the night before.
- Don't store your lunch next to a radiator or in the sun.

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