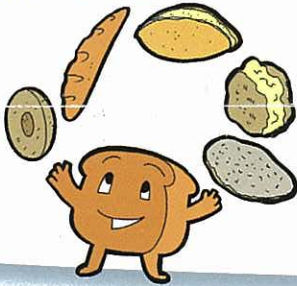


For a **HEALTHY, BALANCED** packed lunch, choose something from **EACH FOOD GROUP 1, 2 & 3 . . .**

1. Fill-you-up foods

Have a **BIG PORTION** of **SLOW-RELEASE ENERGY FOODS** (starchy carbohydrates). Wholegrain is best.



Choose **BREAD, ROLLS, PITTAS**
MAKE A SANDWICH

or **PASTA, POTATO, COUSCOUS, LENTILS, CHICKPEAS, RICE.**
MAKE A SALAD



TODAY'S SANDWICH FILLINGS

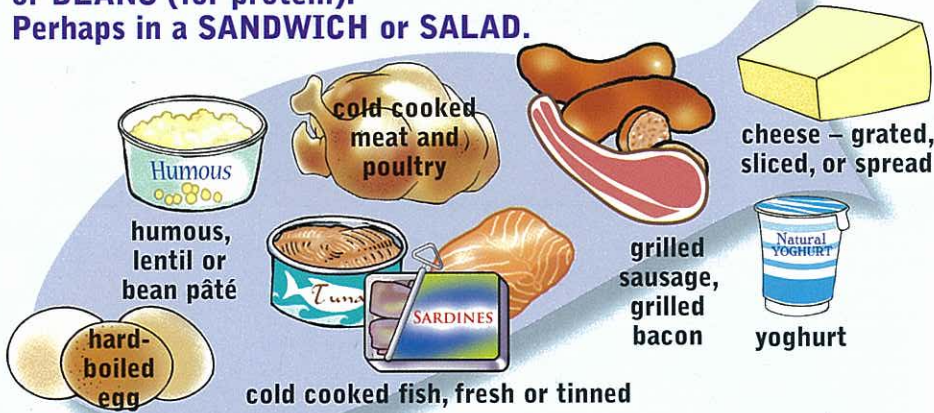
- tuna & sweetcorn
- cottage cheese & peppers
- cottage cheese & pineapple
- humous & celery
- sausage & tomato
- cheese & pickle
- ham & coleslaw
- chicken & salad
- mackerel & cucumber
- sardine & cress
- cold meat & salad
- egg & tomato

ON wholemeal, seeded, rye, pitta
bread - sliced, rolls, baps,
chapattis, muffins
EXTRAS: low-fat mayonnaise,
low-fat spread, lemon juice, salad



2. Help-you-grow foods

Have a **SMALL PORTION** of **MEAT, FISH, EGGS** or **BEANS** (for protein). Perhaps in a **SANDWICH** or **SALAD**.



SALAD SUGGESTION
CHOOSE a fill-you-up **BASE**

• rice • lentils • pasta •

couscous • beans • potato

ADD salad **VEGETABLES**

• mushrooms • celery • carrots

• cauliflower • cabbage • peppers

• tomatoes • cucumber • dates

• sweetcorn • beansprouts

ADD a little **DRESSING**

• low-fat mayonnaise

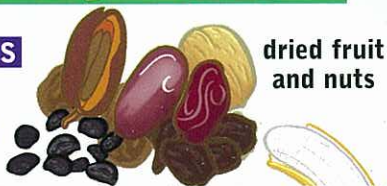
• salad cream • French dressing

LOVELY!

...plus a **SMALL PORTION** of **DAIRY** foods (for calcium).

3. Fruit and vegetables

Pack **TWO+ PORTIONS** - in a **SALAD** or **SANDWICH**, or just to eat **ON THEIR OWN**.



fresh fruit and vegetable sticks



a whole piece of fruit

Put the lid on **TIGHT** - and don't forget your fork or spoon!



Take a drink

Use a carton or leak-proof plastic bottle

- water
- milk
- smoothies
- diluted real fruit juices

From time to time

- a slice of fruit or carrot cake
- cereal bar
- fruit bun
- scone
- fruit loaf
- flapjack



TOP TIPS

Keep your packed lunch **Clean, Cool** and **well-Contained**