

## Children's Section: Healthy Lunchboxes

*This dietary advice sheet gives some general information to help you make healthy choices for your lunchbox. If you need more detailed advice or if you are following a special diet that makes it difficult to make these changes, please ask your doctor to refer you to a registered dietitian.*

**With a little imagination...packed lunches can be healthy and fun! Include a drink and something from the four main food groups shown below:**

### Filler Foods

Try different kinds of breads, such as sliced bread, rolls, ciabatta, pitta bread, bagels, baguette, tortillas, chapattis and crackers.

Go for variety. Try wholemeal, granary or white with added fibre.

For a change, use wholemeal pasta, brown/mixed rice or potato as a salad base.

### Protein Foods

Eggs - as a filling or hard boiled

Fish - such as tuna or salmon

Chicken - as a filling or as drumsticks

Lean meat - such as ham or beef

Beans and pulses, such as hummus, kidney

beans

Nuts



A little extra!  
Plain popcorn, low fat crisps, twiglets  
Currant bun, scone, maltloaf  
Treat sized choc bar, a plain biscuit

### Fruit and Veg

Aim to include 2 from this group if you can:

- Fresh fruit prepared into bite sized, easy to eat pieces, such as grapes, kiwi, orange segments.
- Dried fruits, such as raisins, apricots or a small packet of mixed fruits.
- Tinned fruit in juice - pop it into a small pot. Avoid fruit in syrup.
- Raw vegetables in small, ready to eat, bite sized pieces, such as cucumber, cherry tomatoes, pepper, carrots, celery.
- Homemade smoothies (see recipe on back).



### Dairy

- Mini cheese portion
- Low fat cheese spread
- Low fat custard or rice pudding
- Low fat yogurt or fromage frais

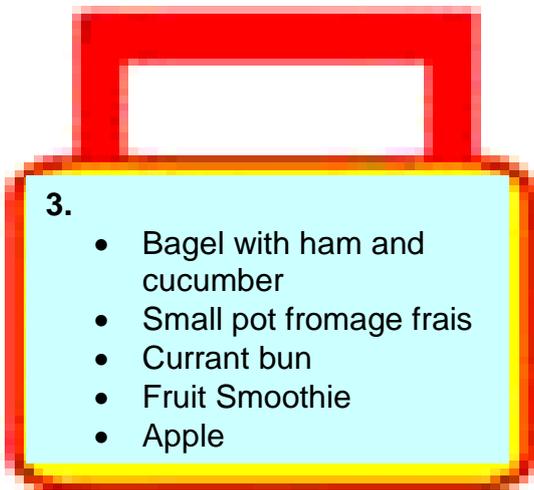
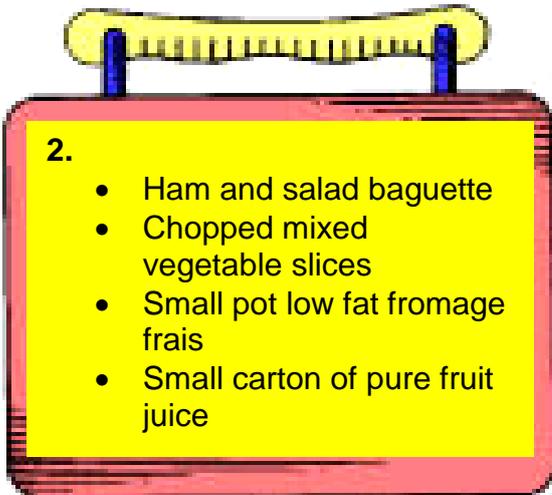
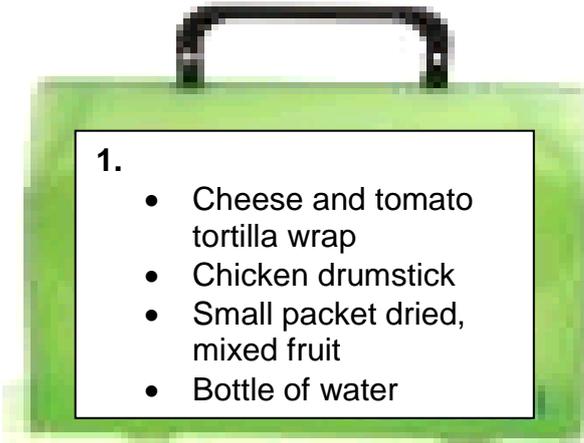
### Something to Drink

- Water
- Milk
- Small carton of pure fruit juice
- Low calorie squash or diet drinks

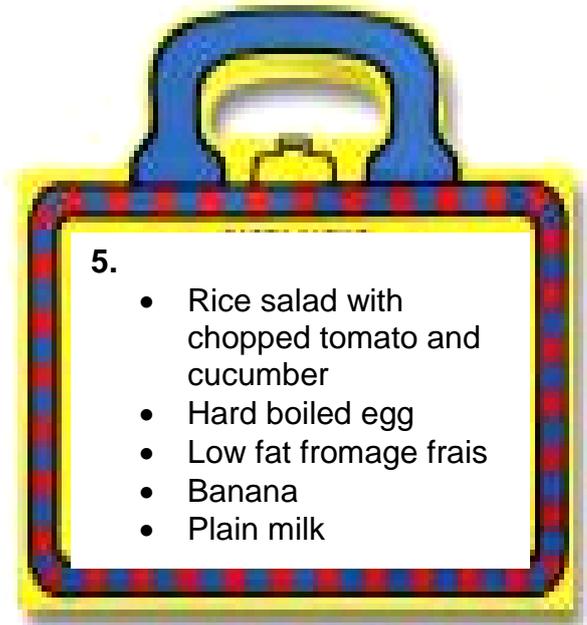
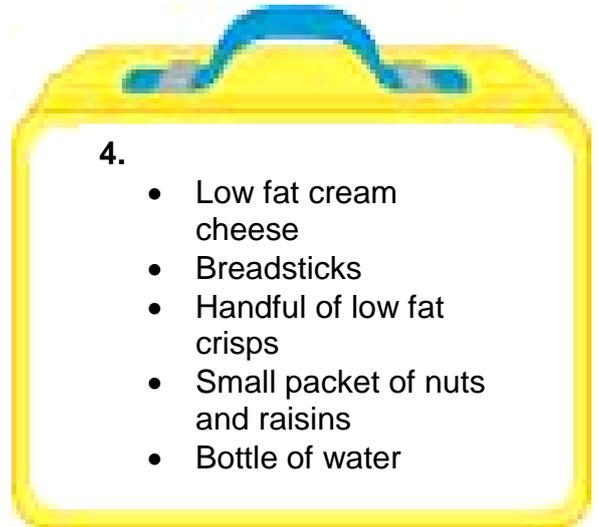


## Children's Section: Healthy Lunchboxes

### 5 Day Sample Lunches



**Keep your lunch cool! Use a cool bag, pop in an ice pack or freeze a carton of juice to keep food cool. Keep it in the fridge the night before. Don't place your lunch next to a radiator.**



#### **Fruit Smoothie Recipe**

½ tin strawberries in own juice  
1 banana

1 cup unsweetened fruit juice  
Blend with hand blender or smoothie maker until smooth.

**You can use any combination of fruit you can imagine!**

Delicious served chilled or with ice. Semi-skimmed Milk or low calorie/light yogurt can be added for a creamy taste.