



tips for a healthy lunchbox



Choose at least one item from each section

protein: food for growth	dairy products: all-rounder	drinks: hydrate	fruit and vegetables: food to keep your body healthy	carbohydrates: food for energy
Tinned fish (choose fish in water, not oil) Hard boiled eggs Lean meat Vegetarian pastes (eg humous) Cheese/cheese portions Cottage cheese Soft low fat cheese	Yoghurt Fromage frais Custard Rice pudding	Water Milk Sugar free squash Unsweetened fruit juice	Fresh fruit Dried fruit Raw vegetable sticks Lettuce, tomato, cucumber Radish, celery Watercress	Bread rolls, teacakes French sticks Pitta or naan bread Muffins Pizza Scones Crackers or breadsticks Tea bread Pasta
<i>Choose low salt and low fat where possible</i>	<i>Choose low sugar and eat in moderation</i>	<i>Water is best</i>	<i>Two portions would be best</i>	<i>Keep it varied</i>

Remember – a healthy lunchbox should always be...
 Low in salt
 Low in fat
 Low in sugars
 High in dietary fibre

Treats not sweets...
 Fresh fruit
 Carrot/cucumber sticks
 Breadsticks
 Cheese
 Plain yoghurt with added fresh fruit
 Water biscuits
 Rice cakes
 Plain popcorn
 Finger toast with cheese spread

Food safety...
 Always wash your hands before preparing food and eating it
 Check the sell by and best before dates
 Wash fruit and salad
 Wrap food well

Keep food cool...
 Keep lunchbox refrigerated wherever possible
 Pack lunch in an insulated cool bag and include an ice pack