

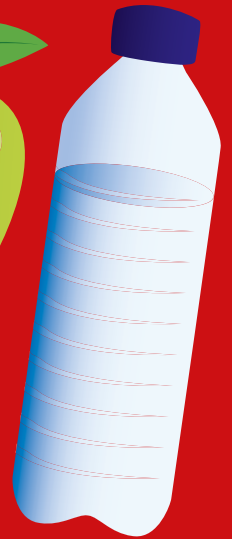


Leicestershire Nutrition and Dietetic Service **NHS**

PACKED

WITH

HEALTHY?



Healthy ways to fill a lunch box

1. Take some bread

High fibre white, wholemeal, white, seeded or perhaps a roll, wrap, pitta, chapatti or crackers

2. Now take a tasty filling

Chicken, cheese, cream cheese, egg, ham, mozzarella and tomato, tuna and sweetcorn

Add some lettuce, slices of cucumber or a tomato

3. Now a portion or two of fruit and vegetables

Apple, banana, grapes, kiwi, pear, plum, mango or melon cubes, dried fruit is good too – raisins, sultanas, apricots. You could even add a little pot of fruit and/or carrot or celery sticks, cherry tomatoes, chunk of cucumber

4. Add a dairy choice

Fromage frais or yogurt (especially if no cheese or milk are included)...

FIVE

easy steps to a healthy packed lunch

5. And to finish add a drink

Water, fruit juice and milk are best
Look for drinks with no added sugar

...and a healthy extra

a slice of malt loaf, currant bun, scone, plain biscuits, plain popcorn

PACKED WITH HEALTH? Healthy ways to fill a lunch box

	Day 1	Day 2	Day 3	Day 4	Day 5
Take...	bread, roll, pitta, bagel or wrap	crackers and...	a pasta salad	a slice of pizza with a topping of ...	savoury rice or couscous salad with...
Add...	egg cold meat salmon or tuna grated cheese	a chunk of cheese pot of hummus slice of cold meat	tuna beans	chicken cheese ham tuna vegetables	mixed beans chick peas
Now...	tomato cucumber lettuce and / or a pot of fruit salad	cherry tomatoes, raisins and dried apricots	sweetcorn tomato cucumber celery and / or a banana	some grapes	some vegetable sticks and fruit in jelly

Dairy Choice

yogurt
fromage frais
custard
rice pudding

Healthy Extras

(to complete the meal)
slice of malt loaf or fruit bread
fruit or plain scone
plain biscuits
plain popcorn
currant bun

Other Choices

(to have less often)
cake
fruit muffin
flapjack
jaffa cakes
packet of crisps

Drinks

water
milk
fruit juice
yoghurt drink
smoothie
diluted squash

For more ideas
and lunchbox
information go to
www.lnds.nhs.uk

Keep Your Child's Lunchbox Safe

Make sure your child's lunchbox is clean and safe. Sandwiches containing meat or other foods that require refrigeration should be kept as cold as possible until lunch. Help keep lunches cool and safe by following these top tips:

- Chill food and drink before packing into the lunchbox and where possible use ingredients from the fridge
- An insulated box or bag can be used to help keep lunches cool. A small ice pack can also be used or frozen drink which will give a cool drink at lunchtime.
- Discard any perishable food that hasn't been eaten at the end of the day
- Wash and dry reusable water bottles, lids and lunchboxes every day in warm soapy water.

