

Pack a healthy lunchbox

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

1. Fill-you-up foods

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

Wholegrain is best.



Cheese BREAD, ROLLS, PITTAS.

MAKE A **SANDWICH**

or PASTA, POTATO, COUSCOUS, LENTILS, CHICKPEAS, RICE.

MAKE A **SALAD**



TODAY'S SANDWICH FILLINGS

- tuna & sweetcorn
- banana & peanut butter
- sausage cheese & pepper
- cottage cheese & pineapple
- hummus & celery
- sausage & tomato
- cheese & pickle
- ham & coleslaw
- chicken & salad
- watercress & cucumber
- sardine & crust
- cold meat & salad
- egg & tomato

OR wholemeal, seeded, rice, whole bread - sliced, rolls, buns, chapatis, muffins

Extras: low-fat mayonnaise, low-fat spread, lemon juice, salad



SALAD SUGGESTION

CHOOSE a fill-you-up BASE

• rice • lentils • pasta • couscous

• pulses • potato

ADD SALAD VEG

• mushrooms • celery • carrots

• cauliflower • cabbage • peppers

• tomatoes • cucumber • aubergine

• sweetcorn • beansprouts

MIX together

• reduced fat mayonnaise

• salad cream • yoghurt

LOVELY!

2. Help-you-grow foods

Have a **SMALL PORTION** of **MEAT, FISH or VEGETARIAN ALTERNATIVES** (protein).



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

3. Fruit & veg

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



Take a drink

Use a carbon or leak-proof plastic bottle...

- water
- milk
- smoothies
- real fruit juices



From time to time

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

