













Healthy Lunchbox Suggestions



The Balance of Good Health, pictured above, shows the proportion and types of foods needed to make up a balanced diet. You can use this guide to help you make up a healthy lunchbox, choosing a variety of foods from the five different food groups. The guide is shaped like a dinner plate, which makes it simple to understand and interpret.

Lunch Box Suggestions from the British Nutrition Foundation:

 <p>Humous & carrot in wholegrain bread, Kiwi, Melon, Low fat crisps, chocolate covered biscuit, yogurt drink</p>	 <p>Turkey ham & cheese on malted brown bread, Plum, Slice of melon, Mini savoury rice cakes, Chunk of cheese, Water</p>	 <p>Mini egg salad pitta pocket, Low fat yogurt or Fromage Frais, Individual can of fruit pieces in juice, Cereal bar, Carton of low sugar fruit drink</p>
 <p>Cheese & pickle roll (wholegrain), Pear, Slice of malt loaf, Mini cheese, Apple juice</p>	 <p>Pasta shells with diced chicken, sweetcorn and cherry tomatoes in low fat mayonnaise, Apple, Iced cup cake, Fruit smoothie, Mini cheddar cheese (eat last to help keep teeth healthy)</p>	 <p>Tuna and cucumber baguette, Cheese triangle, Small packet of nuts and raisins, Pack of 3 sponge fingers, Bottle of mineral water</p>
 <p>Sandwich with yeast extract, Low fat cream cheese dip with breadsticks, Fun size chocolate biscuit, Onion bhajia, Orange juice</p>	 <p>Egg, tomato and spinach baguette, Sliced apple, Pretzel snacks with dip, Mini chocolate Swiss roll, Semi-skimmed milk</p>	 <p>Peanut butter bagel, Spinach pakora, Satsuma, Small box of raisins, Yogurt drink</p>
 <p>Prawn pasta salad, Carrot sticks, fromage frais, Puffed rice square, Fruit juice</p>	 <p>2 mini soft wholemeal rolls (or white roll with added grains) filled with wafer thin ham and tomato, Banana, Mini blueberry muffin, Chocolate/strawberry flavoured milkshake</p>	 <p>Cream cheese bagel, Lamb samosa, Grapes, Chocolate buttons, Water</p>

Always check with the school if the school allows nuts as a content in a lunchbox!

Bread and Cereals

- Make sandwiches from different kinds of bread including bread rolls, French bread, bagels and pitta bread as well as sliced bread. Try to vary the type of bread such as wholemeal, granary or high fibre white bread.
- Tortilla wraps are also a good idea
- Pasta and Cous Cous can be used in salads as an alternative to sandwiches



Fruit and vegetable

Some fruits to try:

- Seedless grapes
 - Satsumas, tangerines or clementines (peeled and wrapped for younger children)
- Small bananas
- Cherries
- Apples (can be cut into pieces for younger children and brushed with lemon juice to avoid browning)
- Plums
- Dried fruit such as apricots, dates or raisins
- Fruit salad (apples, satsumas, pears, pineapple chunks, kiwi fruit and grapes work well together. Avoid bananas because they go brown)
- Canned fruit transferred to a pot (use fruit stored in natural fruit juices rather than syrup)

Some vegetables to try:

- Cherry tomatoes
- Carrot sticks
- Celery sticks
- Cucumber chunks
- Baby sweet corn
- Grated carrot and raisin salad



Meat, fish and alternatives

You can include these in sandwiches, salads and wraps



- Chicken, chicken slices, turkey slices, bacon rashers and ham
- Tuna, sardine and salmon
- Boiled egg
- Pate
- Humous (chickpea paste/spread)
- Peanut butter

Dairy

You can include these in sandwiches, salads and wraps

- Brie, Cheddar cheese, Cheese triangles, Cottage cheese with pineapple, Edam cheese, Medium fat cream cheese, Mini cheeses and Red Leicester cheese



You can also include these in a lunchbox

- Fruit flavoured fromage frais, Goats' milk, Greek yogurt, Low fat chocolate milkshake, Low fat custard, Low fat fruit yogurt, Plain fromage frais and Yogurt drink

Foods and drinks containing fats and/or sugars

- Eat these foods in small amounts. Some of these foods, such as oils and spreads, are typically eaten every day, so try to use sparingly and look for lower fat alternatives where possible.
- Other foods, such as cakes and biscuits, should not be eaten too frequently and again try to choose lower fat versions where available.
- Try to have food and drinks containing sugar as part of meals, rather than between meals.



Ideas for fillings

Use a different sandwich filling each day - preferably including a fruit or vegetable.

For example,

- Peanut butter and grated apple
- Chicken, lettuce and tomato
- Grated cheese and carrot
- Tuna and sweetcorn
- Cheese and cucumber
- Mashed banana
- Humous
- Cottage cheese, grated carrot and grated apple
- Medium fat cream cheese with chopped grapes, banana slices, sultanas or pineapple
- scrambled egg and crispy bacon
- smoked salmon with cress

Ideas for healthy snacks

Apple, banana, lychees, kiwi fruit, strawberries, satsuma, grapes, raisins, baby carrots, celery sticks, scone, fruit muffin, scotch pancake, currant bun, apple cake, carrot cake, gingerbread, fruit cake, fruit yogurt or flavoured milk drink, oatmeal raisin biscuits, cookies or flapjack, dried fruits, raisins, pretzels, bread sticks with low fat cheese, water melon, grapes, fruit squash or fruit juice drink, muesli bar, nuts, carrots and cherry tomatoes.

How to make lunchbox exciting

- **Wrap** sandwiches in foil with a sticker which says: 'eat me'
- **Name the food** with a cool name e.g. a cheese, tomato and lettuce sandwich can be



- called a traffic light sandwich!
- **Present food** in a new and novel way by cutting sandwiches or chunks of cheese into different shapes. Use a variety of cutters to shape sandwiches into animals, people or cars etc
- **Mis-match sandwiches.** You can encourage your child to eat brown bread by making sandwiches from one slice of brown and one slice of white bread. Cut them into four and pack with the alternate triangles uppermost.



- **Double deckers.** Spread two slices of bread with margarine on one side and spread a third slice with margarine on both sides. Cover the first slice with your

chosen filling, then top with the bread buttered on both sides. Spread this layer with the second filling and finish off with the third slice of bread. This looks particularly good with a combination of brown and white sliced bread. Trim the crusts and cut the sandwiches into three strips.



Choose two complementary but contrasting coloured fillings. Possible partners are cream cheese/cucumber, egg mayonnaise/sliced tomato. Peanut butter/strawberry jam.

- **Pin wheel sandwiches.** Spread filling on bread, roll the bread and cut it into 2 inch slices and put a cocktail stick through the middle of the wheel to create pin wheel sandwiches!
- **Decorate** the lunchbox with your children's favourite characters
- **Small portions.** Children prefer miniature items rather than daunting larger portions so try things like cherry tomatoes, baby bananas and mini packs of raisins.
- **Little effort.** Most children will leave food that takes a lot of effort to eat as they want a quick re-fuelling stop, leaving maximum time for the playground. For example, give clementines already peeled and cover with plastic wrap or cut kiwi fruit in half and let them scoop out the flesh with a teaspoon.
- **Involve em'.** Children are happier to eat something that they have helped make.
- **Drink.** Remember to include a drink with the packed lunch. Water is the best option. Sugary and fizzy drinks can contribute to tooth decay.



Useful websites:

British Nutrition Foundation: www.nutrition.org.uk

Food Standards Agency: www.eatwell.gov.uk