

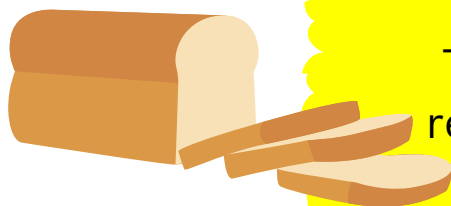
HEALTHY LUNCHBOX GUIDE

Aim to include:

1 portion of starchy carbohydrates

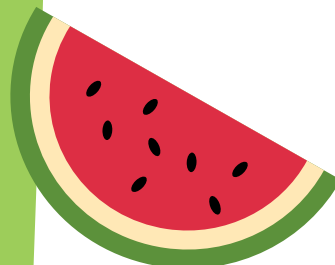
This provides children with the energy they require to see them through the day and fuel any physical activities.

Base the meal around a starchy carbohydrate, e.g. bread, pasta, couscous, wraps, pitta, bagel, chapatti



At least 1-2 portions of fruit/veg

This will help towards achieving the recommended 5-a-day, e.g. fresh, frozen, tinned (in juice), dried and fresh juice



1 portion of dairy

This is a source of calcium required for strong teeth and bones, e.g. milk, yoghurt, cheese



1 portion of protein

This supports with growth and development, e.g. sliced meats, fish such as tuna, eggs, meat alternatives and beans or pulses such as hummus



Hydration

It is important to drink at least 6-8 glasses of water a day to stay hydrated



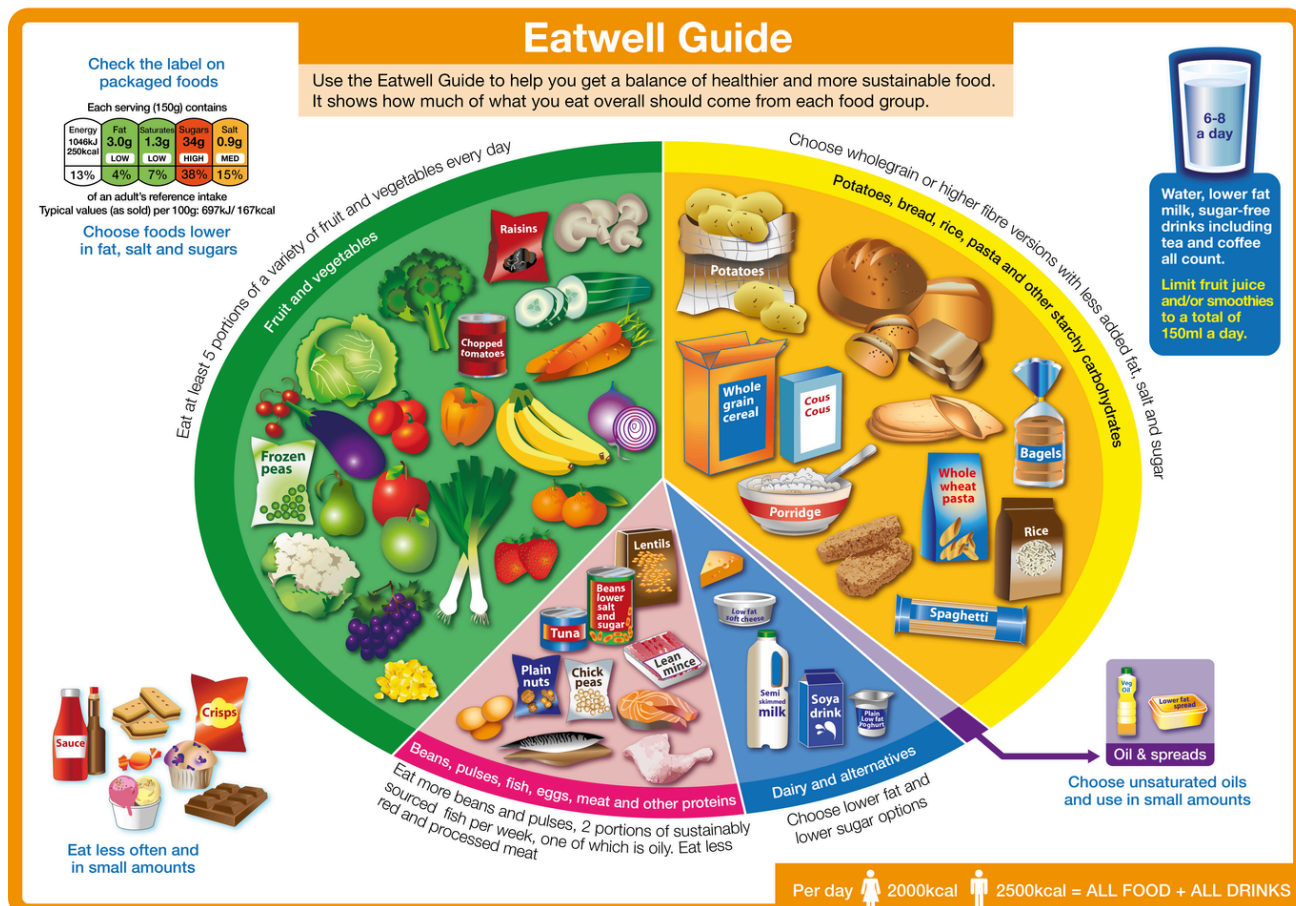
This is a healthy lunchbox guide for parents, children and young people. Each school has their own guidance around healthy eating so please refer to your schools' policy to check what is allowed.

FUN FACTS

- Eating healthily improves concentration and energy levels; helping children to effectively learn throughout the school day.
- Eating regular meals helps to regulate blood sugar which may influence some of the hormones that control our mood and ability to concentrate. This is why some children who haven't eaten breakfast can show signs of poor mood and behaviour.
- Starchy foods help children feel fuller for longer, meaning children are less likely to snack as much or be quite as hungry after school.

PORTION SIZE GUIDE

Our hands are a great tool to help measure portion sizes for different members of the family depending on their age. The great thing about our hands is that they grow with us, just like our portions. Although this is not the most accurate method, it is great for a quick and easy guide. We suggest to always refer to the Eatwell Guide to ensure you are getting a healthy, balanced diet.



A palm size represents a portion of protein such as pulses, eggs, meat or fish.



A cupped hand is a portion of vegetables or fruit

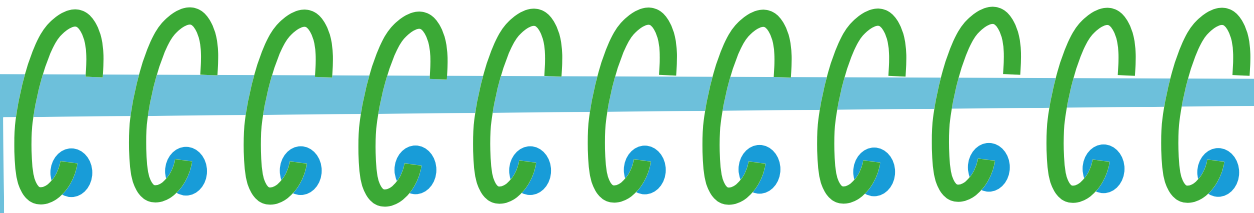


A thumb size represents a portion of cheese



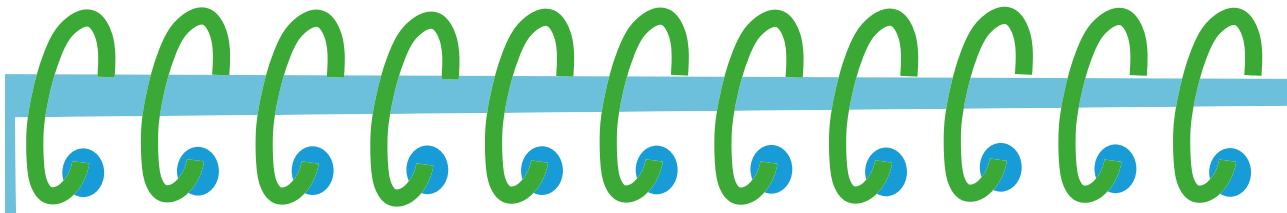
A clenched fist equates to one portion of pasta, rice or potatoes

HEALTHY LUNCHBOX TOP TIPS



TOP TIPS FOR A HEALTHY LUNCHBOX:

- * Choose low fat and lower sugar yoghurts and add fresh fruit to naturally sweeten
- * Cut fruit up to make it more appealing and easier for children to eat
- * If trying to reduce high sugar snacks, reduce this down slowly - cutting it out will only increase cravings
- * Add salad to sandwiches or wraps to easily get one of their 5-a-day
- * DIY lunches – children enjoy making up their wraps or crackers themselves
- * For some children, lunches can get boring quickly; mix it up each day
- * Use low fat spreads if required and only apply a thin layer on one slice of bread
- * Choose wholegrain starchy carbohydrates, e.g. brown bread to keep them fuller for longer. Start by mixing the slices; one slice of white and one brown



TOP TIPS FOR A HEALTHY LUNCHBOX:

- * Make sandwiches into exciting shapes; use a biscuit cutter to create stars, hearts or animals etc.
- * Swap crisps for other crunchy textured foods such as crackers, breadsticks or rice cakes
- * Slice vegetables such as carrots or cucumbers to create a great dipping food with hummus or low fat cream cheese
- * Get the kids involved - they are more likely to eat their lunch if they have helped prepare it
- * Add a small squeeze of fresh lemon juice to prevent chopped fruit going brown
- * In the summer, add an ice block to the lunchbox to keep food fresh and cool
- * Some children do not like foods touching, choose a lunchbox with dividers to keep everything separated
- * Swap any high sugar, processed snacks for something homemade allowing you to understand what ingredients are in them

HEALTHY LUNCHBOX EXAMPLES



Egg Mayonnaise and Lettuce Bap with tomatoes and a fruit pot



Hummus dip with pitta bread and vegetable sticks with a banana and sugar free jelly



Cheesy coleslaw wholemeal pitta with tomatoes and raisins



Soft cheese and salad sandwich with an apple and fruitloaf

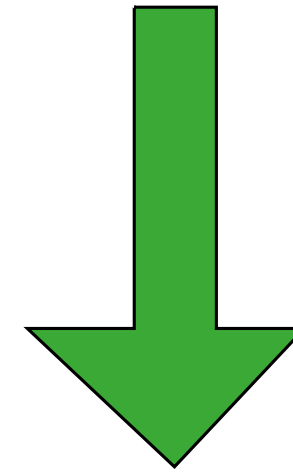
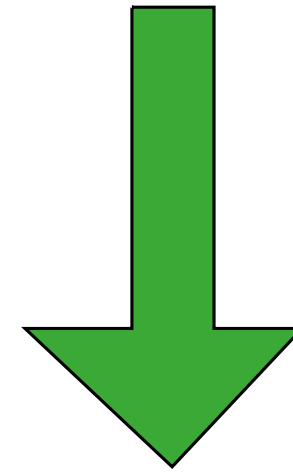
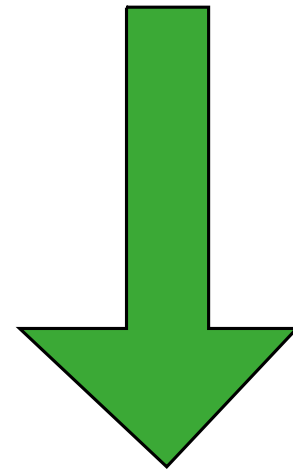
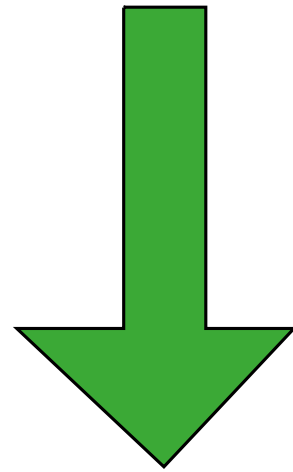
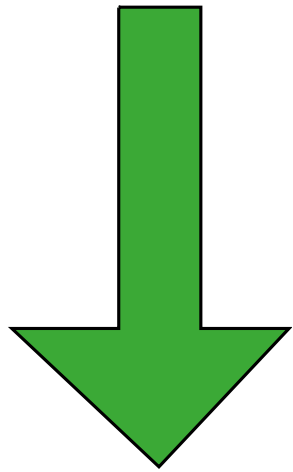


Tuna Mayonnaise and sweetcorn sandwich with berries and veg sticks



Hummus and salad wrap with tomatoes, low fat yoghurt and berries

HEALTHY LUNCHBOX SWAPS



Swap fruit bars which contain lots of sugar to dried fruit which counts towards the 5-a-day

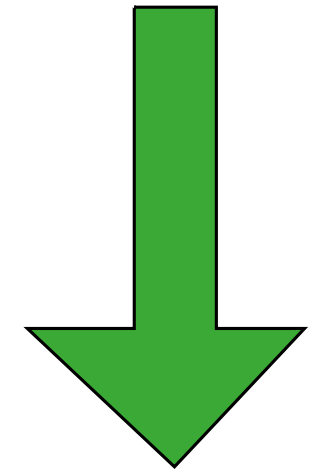
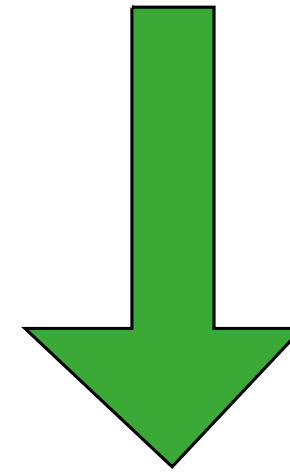
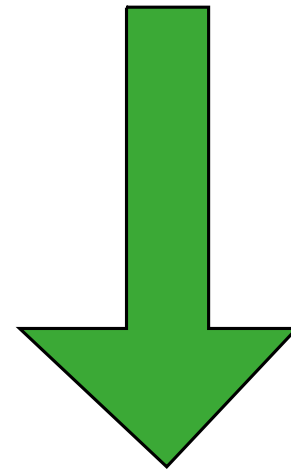
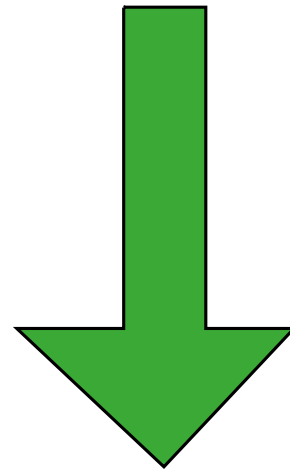
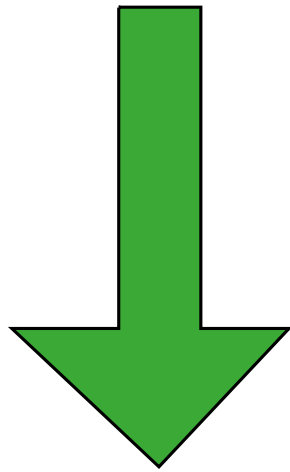
Swap bags of sweets or biscuits to a small bag of plain popcorn

Swap a packet of crisps for rice cakes, bread sticks or crackers

Swap processed foods to a healthier whole protein source

Swap high sugar yoghurts to natural yoghurt with fresh fruit to naturally sweeten

HEALTHY LUNCHBOX SWAPS



Swap cheesestrings for a few low fat cheese chunks

Swap fruity sweets for berries/fresh fruit

Swap pastries for unprocessed protein options such as chicken

Swap high sugar cereal bars to homemade, low sugar flapjacks

Swap high sugar, high fat, sweet pastries to lower sugar starchy carbohydrates