

## Healthy Lunchboxes

The ideal nutritionally balanced lunch box will include foods from each of these main food groups:

- bread/cereal (starches/carbohydrates)
- fruit
- vegetable
- meat or meat alternative (proteins)
- calcium rich foods
- a drink, (ideally a 500ml bottle of water)

### 1. PITA PARCELS.



Wholemeal pitta bread with hummous and chopped vegetables



Low-fat yoghurt



Cherry tomatoes



Bottle of water

Experiment by filling the pitta bread with different combinations of hummous and vegetables

### 2. TUNA SALAD.



Homemade pasta salad with tuna and sweetcorn  
(mix pasta with tuna, sweetcorn and some low-fat mayonnaise)



Plain popcorn



Reduced-fat Babybel cheese



Pure orange juice

Tuna is a great source of Omega3 and several portions of oily fish a week should be included in a healthy diet.

### 3. TURKEY TORTILLA WRAP.



Turkey tortilla wrap with salad and cottage cheese



Cereal bar



Clementine



Bottle of water

Try to use good quality turkey from the butcher or supermarket rather than pre-packaged alternatives

### 4. BANANA BUNCH.



Banana sandwich with wholemeal bread



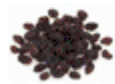
Tomato



Boiled egg



Low-fat fruit yoghurt



Box of raisins



Semi-skimmed milk

### 5. PIZZA TIME.



Tomato, mozzarella and pastrami ciabatta pizza



Carrot sticks



Kiwi and strawberry fruit salad



Reduced-fat strawberry fromage frais



Bottle of water

Lightly grill the mozzarella and pastrami over fresh tomato slices on halved ciabatta bread. Delicious when eaten cold at lunch.

### 6. TUNA, CHEESE AND SATSUMA SURPRISE.



Tuna and sweetcorn on a wholemeal roll



Reduced-fat cheese triangle



Satsuma segments in orange jelly



Apple juice

Satsuma (or mandarin) oranges are a great source of VitaminC. Use a reduced sugar/ low fat jelly if available.

### 7. BUILD A BAGEL.



Sardine bagel



Tomato



Kiwi



Banana and blueberry smoothie (made with semi-skimmed milk)

If Sardines are not a popular choice try filling the bagel with a thin spread of low fat cottage cheese, lettuce and smoked salmon

### 8. EGG AND TOMATO ROLL.



Egg and tomato roll



Two oatcakes and low-fat cheese



Carrot sticks



Dried apricots



Apple juice

### 9. DOUBLE DECKER.



Double-decker sandwich with ham (reduced salt) and salad



Mini blueberry muffin



Mixed dried fruit



Kiwi



Bottle of water

TIP: If preferred, lightly toast the bread for a club sandwich feel.

### 10. GUACAMOLE TREAT.



Ham and tomato sandwich



Vegetable dippers and guacamole



Dried apricots



Milk & Fruit smoothie

To make a delicious homemade guacamole, scoop the pulp from an avocado, thinly dice a tomato and half an onion and add the squeezed juice of two limes. Add a good pinch of mild chilli powder and cumin powder. Mash well together.

### 11. EGG AND TOMATO PITTA.



Egg and tomato pitta pockets



Slice of Malt loaf



Yoghurt



Fruit in juice



Sparkling water

### 12. MUESLI MESS.



Tuna and sweetcorn sandwich (brown bread with reduced-calorie mayonnaise)



Kiwi fruit



Muesli yoghurt (low-fat)



Scotch pancake



Bottle of water

TIPS: Pour bio-yogurt over the muesli and add a few strawberry slices for extra flavour. Also banana slices are delicious with the scotch pancake.

### 13. CHEESE SAVOURY TORTILLAS.



Cheese savoury tortilla wrap



Small portion of mixed salad



Banana



Fruit slice/fruit muffin



Carton of semi-skimmed milk

TIPS: Make a Cheese Savoury by grating together 2-3 cheeses such as cheddar, mozzarella etc, mix in with low fat mayo, added spring onion slices or diced onion

### 14. EGG AND CRACKERS.



Egg mayonnaise & salad filled pitta bread



Carrot sticks & raisins



Crackers with low fat cheese



Bottle of water

A few other tips...

Dried fruit, eg raisins and apricots, are easily added to lunchboxes and count towards your child's 'five-a-day'.

Always try to use lower fat varieties of cheese in lunchboxes eg Edam, mozzarella, cottage cheese or reduced fat cheddar

Try to limit sweets/chocolate in lunchboxes to once a week. This will help protect your child's teeth.

Choose fruit squash with 'no added sugar' and dilute well.

Choose lean cuts of meat and take the skin off chicken.

Use butter, margarine, mayonnaise or salad dressings sparingly, because these can be high in fat.