



# Healthy Packed Lunches



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Packed lunches don't have to be boring. With a little thought and imagination they can be fun, healthy and tasty too. Just include something from each of the four main food groups, put in a drink and away you go!

### Start with the basics - bread, cereals and potatoes.

- Try to keep a selection of breads in the freezer for sandwiches. Using a different type of bread each day can make sandwiches more interesting. Try multigrain and seed rolls, bagels, baguettes, pitta breads, wraps...the list is endless!
- You could also raid the fridge for leftovers - some foods taste just as good cold such as pizza or pasta. Cook extra pasta, couscous or rice. Mix it with cut-up vegetables, a few nuts or tuna, then just add your favourite dressing.



### Add a tasty filling - meat, fish and alternatives.

Try to include lean meat, chicken, fish, eggs, nuts, beans or pulses in your lunchbox:

- Tuna with cucumber, green pepper, sweetcorn or tomato
- Egg mayonnaise and cucumber
- Cottage cheese and dried apricots
- Cooked chicken or turkey, mustard, tomatoes, and lettuce
- Peanut butter and banana
- Ham, cheese and tomato

Remember, if you are using a spread choose a reduced fat one - or do without it completely if you are using a moist filling.

### Feeling fruity?

It's important to eat 5 (or more) portions of fruit and vegetables every day. You won't be stuck for choice when it comes to lunchtime:

- fresh fruit e.g. apple, grapes, banana, kiwi fruit
- dried fruits, e.g. raisins, apricots
- chopped raw vegetables e.g. carrot sticks, cherry tomatoes or a mixed salad
- tinned fruit in natural juice - pop in a small container or buy small tins with a ring pull

### Dairy delights

Try to include some dairy products in your lunchbox - important to keep your teeth healthy and your bones strong:

- low fat yogurt - plain or fruit flavoured
- low fat fromage frais
- small pot of rice pudding
- milkshake



### Added extras

Fancy something sweet in your lunch-box? There's nothing wrong with this. Just try and make healthier choices when you can:

- currant bun, scone or fruit loaf,
- plain popcorn
- plain biscuit, e.g. digestive
- cereal bar
- fun sized bar of chocolate

And finally, if you haven't already done so...

### Put in a drink...

#### Choose from:

- Plain water (still or sparkling)
- Plain milk (skimmed or semi-skimmed) or plain yoghurt combined with fruit e.g. smoothies, pureed fruit with plain yoghurt
- Pure fruit juice in small cartons or in a small bottle
- And don't forget hot drinks in the winter, e.g. soups



### Remember to keep your lunch cool:

- Use a cool bag and pop in an ice-pack or freeze a carton of juice and place in with food to keep cool.
- Keep in the fridge until morning if you make it the night before.
- Don't store your lunch next to a radiator or in the sun.