

## Tips for healthy lunch boxes:

- Include a wide variety of foods, making sure to include foods from all food groups: carbohydrates, fruit and vegetables, dairy and protein.
- Keep the contents varied. Use different bread rolls, wraps, pitta breads to keep things interesting.
- Use leftovers from the previous dinner: pasta and rice salads can make a nice change to sandwiches.
- Make sure to include fluid. Children need 6 glasses per day. Milk and water are the best choices. Unsweetened juices ideally consumed only once a day with meals.

## Portion sizes:

At least one portion from the **fruit and vegetables** food group:

- 1 medium apple, orange, banana, pear
- 2 small fruits: plums, kiwis
- 1 small bunch of grapes (10) or strawberries (10)
- 1 heaped dessert spoon of dried fruit: raisins, sultanas
- 1 small bowl of salad (dessert bowl of, for example, lettuce, tomato, cucumber)
- 3 tablespoons vegetables: carrots, peppers
- 1 small bowl vegetable soup

One portion from the **meat and meat alternatives** group:

- 50-75g (2 slices) cooked meat
- 1-2 eggs (hard boiled, mashed)
- Small can (100g) tuna, mackerel, sardines
- 4 tablespoons hummus

One portion from **bread and cereals** group:

- 2 slices bread
- 1 small pitta
- 1 small bread roll
- 1 tortilla wrap
- 4-6 crackers
- 1 cup cooked rice, pasta, couscous

One portion from **dairy group**:

- 1 glass milk (200ml)
- 1 pot natural or low-fat yoghurt (125ml)
- 2 thumb sized portion (25g) of cheese: cheddar, Edam , Gouda
- 2 cheese triangles



## Sample week's lunch



### **Monday:**

Small wholemeal pitta bread with tuna and peppers  
Mandarin orange  
Small Apple  
Yoghurt  
Water

### **Tuesday:**

Wholemeal bread sandwich with chicken and sweetcorn  
Handful of grapes  
Banana  
Glass of milk

### **Wednesday:**

Small wholemeal bread roll with cheddar cheese and tomato  
Carrot sticks  
Pear  
Yoghurt  
Water

### **Thursday:**

Pasta salad with cooked ham and peas  
2 crackers with cheddar cheese  
Handful of cherry tomatoes  
Plum  
Water

### **Friday:**

Small bagel with cream cheese  
1/2 wholemeal scone  
Slices of cucumber  
Kiwi  
Glass of milk