

My lunchbox ideas to try:

Step 1- Starchy Starter: _____

Step 2- Fabulous Fillings: _____

Step 3 -Delicious Dairy: _____

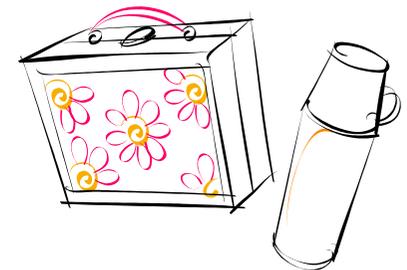
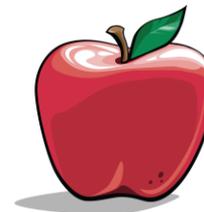
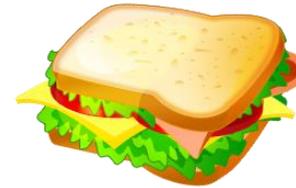
Step 4 - 5 a day: _____

Step 5 - Quench your thirst: _____

Added Extras: _____

5 Steps to a Healthy Lunchbox

'Taste a Rainbow'



Contact Details

Follow these 5 easy steps to make a fun and healthy lunch

Step 1 Starchy Starters

Sandwiches and salads made from pasta or rice give you plenty of energy and help to fill you up. To make your lunch more exciting try to have different sandwiches or salads each day.

Why not try the following to make sandwiches more interesting

Wholegrain bread	Chapattis
Rolls	Wraps
Baguettes	Pizza bases
Bagels	Wholegrain krispbreads
Wholemeal Pitta bread	Crackers
English muffin	breadsticks

Or use one of the following as a base for a salad

Potato
Rice
Pasta
Couscous



Lunchbox Tips

- **Eat fun fruit:** Choose quick and easy fruit to eat. Chop up some fruit into bite-sized pieces or take grapes and berries.
- **Cut down salt:** Try not to eat too many processed foods.
- **Try new foods:** This will add variety and make your lunch more interesting.
- **Save time:** make some of your lunch the night before and store in the fridge overnight
- **Keep your food cool:** Try putting a frozen drink/yoghurt/ice pack in your lunchbox to keep your food cool.
- **Freshen up:** To keep vegetables fresh after they are cut, wrap them in damp kitchen towel, put them in a bag or little box to stop them drying out.
- **Have fun with your food:** Try to get involved with making your lunch every now and then.

Step 3 Delicious Dairy

Milk and dairy foods contain calcium which keep your teeth healthy and help your bones grow strong. Try to include one of the following in your lunchbox each day if not already included as sandwich filling.

1 pot of healthy eating yoghurt or fromage frais

A cup of milk or sugar free milk shake

A small pot of low fat, low sugar custard or rice pudding

A matchbox size piece of low fat cheese (high in salt so limit to once or twice a week)



Step 4 5-a-day

Fruits and vegetables contain good sources of vitamins and minerals as well as fibre. Try to include at least 1 portion of fruit and 1 portion of vegetable in your lunch box each day.

Dried fruit

Small box of raisins
3 apricots, prunes or dates.

Tinned Fruit in natural juice

Small containers and tins are handy for your lunchbox

Fresh Fruit

Apple, banana, pear, orange, plums, strawberries, raspberries etc
Fruit salad

Vegetables

Cherry tomatoes, celery, cucumber, pepper or carrot sticks, salad in sandwiches, vegetables in salads



Step 5 Quench your thirst

Make sure you include a drink in your lunchbox

A carton of fruit juice (max 1 per day)

Sugar free squash

Water

Milk



Added Extras

If you are hungry you can add extra food to your lunchbox but try to choose from 5 healthy steps most of the time.

As a treat once or twice a week you could include one of the following

Crisps

Plain pop corn

A fun sized chocolate bar

A fairy cake

A cereal bar

Plain biscuits

Fruit or malt loaf

Yoghurt covered raisins

Step 2 Fabulous Fillings

Once you have chosen your base choose something yummy to put in your sandwich or salad.

Meat, fish, eggs and beans are good sources of protein and iron. Try to include one portion a day in your lunch box. This could be

Lean ham, beef, chicken
or turkey

Thin slices of cheese

Tuna, salmon or mackerel

Low fat cream cheese or
cheese spread

Egg

Use different beans and
lentils in salads

