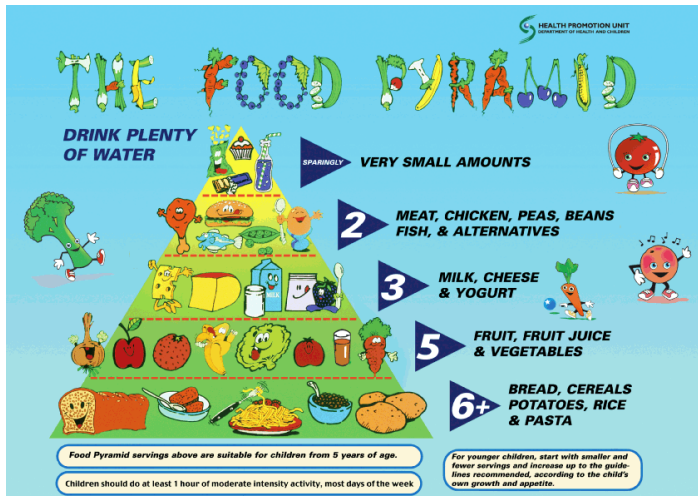




Pack them off with a Healthy Lunch

Lunch is an important meal for children and should provide at least one third of a child's daily nutrients to help them grow, learn and play. Use the food pyramid to help guide you what to include in your child's lunch box.



Recommended number of portions to include in your child's lunchbox
Top Shelf sparingly
1 serving of meat, chicken, fish
1 serving of milk, cheese, yoghurt
1 or more servings of fruit & veg
2 or more servings of bread, cereals, pasta, rice

<p>Bread Cereals - 2 or more servings</p> <p>1 serving is:</p> <ul style="list-style-type: none"> • 1 slice of bread • 1 medium roll • 2 crackers • 1 small scone • 3 dessertspoons cooked rice or pasta • a small serving of plain popcorn 	<p>Fruit and Veg – 1 or more servings</p> <p>1 serving is:</p> <ul style="list-style-type: none"> • 1 large piece of fruit • 2 small pieces of fruit • 100ml unsweetened fruit juice • ½ tin of fruit in own juice • 3 dessertspoons of vegetables • 1 small salad
<p>Milk Cheese & Yoghurt – 1 serving</p> <p>1 serving is:</p> <ul style="list-style-type: none"> • 1 glass of milk / mini carton • 1 yoghurt • 1oz / 28g cheddar type cheese • 2 cheese slices 	<p>Meat Chicken Fish Eggs – 1 serving</p> <p>1 serving is:</p> <ul style="list-style-type: none"> • 2 slices / 2oz / 56g cooked meat (e.g. ham) • 2 slices / 2oz / 56g chicken / turkey • 3 oz / 84g tuna, salmon, sardines • 2 eggs – hard boiled, sliced/mashed • 2oz / 56g cheddar type cheese



Lunch box combinations

- ❑ Wholemeal bread with cheese slices and tomato + 1 banana and sugar free squash
- ❑ Pitta bread with cooked ham, low fat mayonnaise, lettuce and cucumber + orange segments + milk to drink
- ❑ Burger bun with chicken, relish, lettuce and grated carrot +dried fruit+ yoghurt +water to drink
- ❑ Cooked pasta with tuna, lettuce, tomato, carrot + 2 mandarins + yoghurt+ unsweetened pure fruit juice
- ❑ Salad box with cooked rice, lettuce, tomato, cheese cubes, celery sticks, carrot sticks, + dried fruit + water to drink
- ❑ White roll with mashed hard boiled egg, lettuce, cucumber +handful of grapes + milk to drink
- ❑ Wholemeal bap with lean grilled rashers, tomato and sweet corn + peach +milk to drink
- ❑ Crackers with cheese slices, sliced peppers, grated carrot +apple and orange segments +water to drink
- ❑ Cooked rice with peas, carrot and cooked ham + dried fruit + unsweetened fruit juice
- ❑ Hummus sandwich + banana + unsweetened fruit juice

Small break suggestions

- ❑ Fresh fruit
- ❑ Bread, rolls, baps, pitta breads
- ❑ Scones, wholemeal, brown, currant or white
- ❑ Small sandwiches
- ❑ Crackers with cheese, cheese spread, peanut butter
- ❑ Small slice of fruit brack, malt loaf, banana bread
- ❑ Yoghurt
- ❑ Bowl of homemade soup
- ❑ Pancakes with fresh or tinned fruit
- ❑ Cheese and fruit mix
- ❑ Vegetable sticks with peanut butter dip
- ❑ Carton of milk with 2 plain biscuits.
- ❑ Plain popcorn (not suitable for under fives)
- ❑ Homemade milk shake or smoothie



Fluid

It is important that children take enough fluids during the day to avoid dehydration which could cause them to become tired and weak. A drink should always be provided for lunch and break time. Water and milk are the best choice as they are tooth friendly and milk provides valuable calcium which is essential for growing bones and teeth.

Suitable drinks

- ❑ Milk and water are the most tooth friendly and are suitable between and with meals.
- ❑ Pure unsweetened juice is a good source of vitamin C, but acidic so can attack the enamel on teeth. Therefore, it is best to drink them with meals and ideally use a straw.
- ❑ Fruit drinks and squashes are best avoided as they contain a lot of sugar and have poor nutrition quality. However if a child is drinking them, it is best to have with meals.
- ❑ Sugar free squashes contain artificial sweeteners. Dilute well & use with meals.
- ❑ Fizzy drinks contain both sugar and acid, should be avoided.
- ❑ Diet fizzy drinks contain artificial sweeteners and can be used for special treats.



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