

MAKING A HEALTHY PACKED LUNCH

JUST FOLLOW THESE 5 SIMPLE STEPS

TOP TIP: Keep your lunch cool. Use a cool bag, pop in a frozen drink or ice pack.



STEP 1. BEGIN WITH A STARCHY ENERGY FOOD

Choose from:

- Sliced bread
- Pitta bread and wraps
- Chapattis and roti
- Bread rolls and bagels
- Soda bread



- Pasta, couscous, rice, noodles or potatoes

TOP TIP: For longer lasting energy, choose wholemeal and wholegrain varieties.

STEP 2. ADD A HEALTHY FILLING TO HELP YOU GROW



Such as:

- Chicken, turkey or ham
- Fish (fresh or tinned) - tuna, pilchards, sardines, mackerel, salmon
- Lower fat cheeses such as cottage cheese, edam, mozzarella, reduced fat cheddar

- Beans and pulses
- Egg
- Hummus
- Dahl

TOP TIP: When choosing a meat filling, go for lean options.

STEP 3. AND REMEMBER THE SALAD!



Try:

- Tomato
- Cress
- Beetroot
- Shredded lettuce
- Grated carrot
- Cucumber
- Sweet corn
- Celery
- Peppers
- Avocado

TOP TIP:

Add a rainbow of colours to give you lots of different vitamins.

STEP 4. INCLUDE DAIRY PRODUCTS FOR GROWING BONES AND TEETH



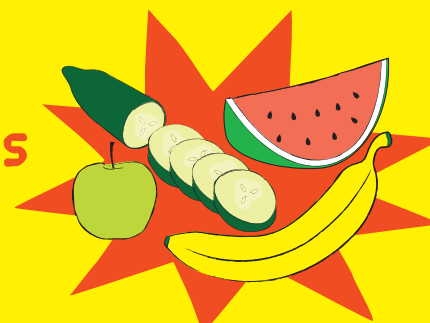
Try:

- Milk
- Cheese
- Yoghurt and yoghurt drinks
- Lassi
- Fromage frais
- Low fat rice pudding
- Calcium fortified soya products

TOP TIP:

Semi-skimmed or skimmed milk, low fat yoghurts and reduced fat cheese are best.

STEP 5. DON'T FORGET TO ADD FRUIT AND VEGETABLES TO KEEP YOU HEALTHY & STRONG



Try:

- Fresh fruit such as apples, bananas, pears, melon pieces
- Small box of dried fruit such as raisins, apricots, pineapple
- Cherry tomatoes, grapes, carrot and cucumber sticks, slices of pepper or celery

- Fruit salad - tinned in natural juice or fresh

TOP TIP: Enjoy a variety of seasonal fruit and vegetables.

REMEMBER: IT'S IMPORTANT TO DRINK PLENTY OF FLUIDS, ESPECIALLY WATER



THE change4life SNACK SWAPPER



High in fat/sugar/salt:

Healthier option:

- | | | |
|--------------------|---|--|
| Chocolate biscuits | → | Oatcakes, unsalted or unsweetened popcorn |
| Cakes | → | English-style breakfast muffin, fruit scone |
| Chocolate | → | Banana, handful of unsalted nuts |
| Crisps | → | Rice cakes, breadsticks with lower fat cream cheese |
| Fizzy cola | → | 100% fruit juice, or 100% fruit juice with fizzy water |
| Sweets | → | Handful of dried fruit, such as raisins |

Try to vary your packed lunch every day.

For more healthy tips, see www.nhs.uk/change4life