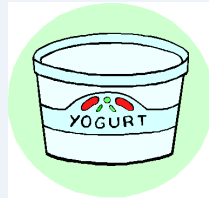
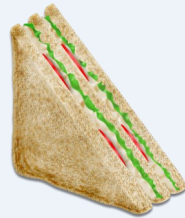


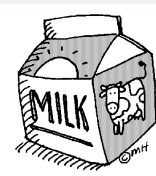
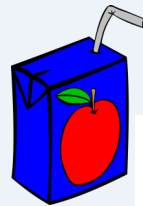
What is a Healthy Packed Lunch?

When making a healthy packed lunch you should try to pick a food from each of these groups



A Healthy Drink

Many children's drinks are loaded with sugar. The healthy drinks are water, milk or 100% pure juice. Avoid ones saying juice drinks as these have a lot of added sugar, increasing calories and damaging teeth.



A starchy food– preferably wholegrain

Bread, pittas, wraps, bagel, chapatti, rice, crackers, pasta, couscous, bread sticks.

A healthy protein

Chicken, turkey, tuna, good quality ham, eggs, peanut butter, hummus, lean beef, salmon, lentils and beans.

A dairy food

A glass of milk, a low sugar yoghurt, a piece of cheese, cheese spread.

A portion of vegetables

Carrot, cucumber, celery, pepper sticks. Sugar snap peas, olives, cherry tomatoes. Avocado, salad, sweetcorn in sandwiches.

A portion of fruit

Pieces of melon, kiwi, pineapple, mango. Apple, satsuma, pear, banana, grapes. Dried fruit, raisins (not coated).

Try to avoid

- **Processed foods as they are high in salt , sugar, fat and additives e.g. Fruit Roll-ups, Dairylea Dunkers, chocolate spread, chocolate, crisps**
- **Processed meats e.g. Pepperami, salami, sausage rolls**