

# School Health UK

## THE PACKED LUNCH GUIDE

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🌐 [www.schoolhealthuk.co.uk](http://www.schoolhealthuk.co.uk)

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## A HEALTHY LUNCH BOX SHOULD:

- BE VARIED AND CONSIDER THE EAT WELL GUIDE
- NOT CONTAIN ANY CHOCOLATE, SWEETS OR OTHER CONFECTIONERY, INCLUDING CEREAL BARS AND PROCESSED FRUIT BARS.
- BE PACKED BY PARENTS AND CHILDREN. THEY ARE MORE LIKELY TO ENJOY IF THEY HELPED MAKE IT

THE EATWELL GUIDE SHOWS HOW A HEALTHY AND BALANCED DIET LOOKS



## KEY LUNCH BOX COMPONENTS

-  SOURCES OF PROTEIN
-  CARBOHYDRATES
-  DAIRY & ALTERNATIVES
-  FRUIT & VEGETABLES
-  DRINKS

Find out more!



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TRY HAVING A SCHOOL LUNCH AT LEAST ONCE A WEEK TO ADD VARIETY

ONLY 1.6% OF PACKED LUNCHES MEET NUTRITIONAL STANDARDS AND ONLY ONE IN FIVE CONTAINS ANY VEGETABLES

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## PROTEIN



PROTEIN IS IMPORTANT FOR YOUR LITTLE ONE'S GROWTH, HELPING WITH MAINTENANCE AND REPAIR OF THE BODY. OPT FOR LEANER MEATS AND LIMIT BATTERED AND FRIED OPTIONS.



MAKE SURE TO PROVIDE FISH TWICE A WEEK, WITH OILY FISH AT LEAST ONCE FOR HEALTHY OMEGA-3 ACIDS.



DON'T FORGET PROTEIN SOURCES ALSO INCLUDE: BEANS, LENTILS, CHICKPEAS, EGGS, TOFU AND QUORN.

## FRUIT & VEG



MAKE SURE TO INCLUDE AT LEAST ONE PORTION OF FRUIT AND ONE PORTION OF VEGETABLES OR SALAD FOR LUNCH. THESE CAN BE FRESH, FROZEN OR TINNED, WHICH ALL CONTAIN THE NECESSARY NUTRIENTS AND VITAMINS.



REMEMBER TO PROVIDE AT LEAST FIVE PORTIONS OF FRUIT AND VEGETABLES ACROSS THE DAY, AND KEEP THEM VARIED.



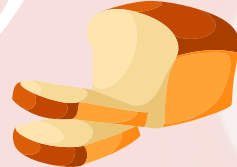
## DAIRY & ALTERNATIVES



DAIRY PROVIDES CALCIUM, ESSENTIAL VITAMINS AND ADDED PROTEIN, WHICH ARE IMPORTANT FOR GROWING STRONG BONES AND TEETH.



TOFU, DARK LEAFY GREENS AND MILK ALTERNATIVES ALSO PROVIDE THESE.



## CARBOHYDRATES



STARCHY CARBOHYDRATES ARE IMPORTANT AS YOUR CHILD'S MAIN ENERGY SOURCE. EXAMPLES INCLUDE BREAD, PASTA, RICE, POTATOES, AND COUS COUS.



## DRINKS



WATER MAKES UP OVER HALF OF YOUR CHILD'S BODY WEIGHT AND IS ESSENTIAL FOR ALL BODILY FUNCTIONS

IT IS IMPORTANT TO DRINK LOTS OF WATER AND AVOID SUGARY AND FIZZY DRINKS.

AIM FOR 6-8 GLASSES OF FLUID PER DAY.

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## PARENT'S LUNCH BOX CHECK LIST

### PROTEIN

- 1 SAUSAGE
- 1 EGG
- 50-70G OF FISH
- 50-70G MEAT ALTERNATIVE
- 60-85G OF ROAST CHICKEN, TURKEY OR DUCK
- 80G OF ROAST BEEF, LAMB OR PORK

### FRUIT & VEG

- 1 APPLE
- 1 SATSUMA
- 10 BERRIES
- 2-3 TABLESPOONS OF TINNED FRUIT
- 60G VEGETABLES
- 60G SALAD OR COOKED PULSES

### DAIRY & ALTERNATIVES

- 80-120G OF YOGHURT
- 20-30G OF CHEESE
- 200ML OF UNSWEETENED CALCIUM
- 200ML OF UNSWEETENED MILK ALTERNATIVE E.G. SOYA OR ALMOND.

### CARBOHYDRATES

- 1-2 SLICES OF BREAD
- 1 SMALL PITTA
- 45-65G OF DRIED PASTA OR NOODLES
- 40-60G OF DRIED GRAINS
- 70-100G OF ROAST POTATOES



## CHICKEN PASTA SALAD

- 1 SMALL ONION,
- 227G TIN CHOPPED TOMATOES
- 50G PASTA BOWS
- 50G FROZEN PEAS
- 50G ROAST CHICKEN BREAST
- HANDFUL MIXED SEEDLESS GRAPES, HALVED (OPTIONAL)



## TURKEY SANDWICH STARS

- 20G CHEESE SPREAD
- 2 SLICES WHOLEMEAL BREAD
- 2 SLICES OF WAFER THIN ROAST TURKEY
- 10CM PIECE CUCUMBER
- 1/2 CARROT
- A BANANA



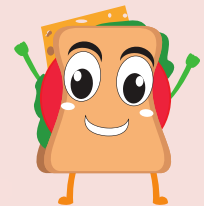
## CHEESY QUESADILLA & SALAD

- 1 SMALL WHITE TORTILLA
- 30G LIGHTER CHEDDAR, GRATED
- 1 SMALL SPRING ONION, CHOPPED
- 50G THREE-BEAN SALAD, DRAINED
- 20G YELLOW PEPPER, CHOPPED
- 20G CHERRY TOMATOES, CHOPPED
- 1 CARROT, CHOPPED



## TUNA MAYO PITTA

- 1/3 X 160G TIN TUNA CHUNKS IN SPRING WATER,
- 2 TBSP TINNED SWEETCORN,
- 20G LIGHT MAYONNAISE
- 1 WHOLEMEAL PITTA
- 20G LETTUCE, SHREDDED
- HANDFUL OF MELON & BERRIES

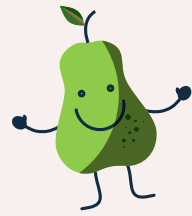


FIND OUT MORE...



## School Health UK

This is the Bigger Picture



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## TOP TIPS

- 🍏 SQUEEZE SOME LEMON ON FRUIT TO KEEP IT FRESH
- 🍏 STRONGER TASTING CHEESE MEANS YOU'LL USE LESS
- 🍏 GET CREATIVE WITH FRUIT-INFUSED WATERS
- 🍏 CHOOSE WHOLEGRAIN WHERE POSSIBLE
- 🍏 OPT FOR LOW FAT FILLINGS LIKE TURKEY/ CHICKEN
- 🍏 REMEMBER LOW FAT OFTEN MEANS HIGH SUGAR

