



Ideas for a Healthy Lunchbox

Choose an item of food from each of the five sections below:

Carbohydrates for energy Portion: size of fist	Protein for growth Portion: size of palm	Dairy for strong bones/teeth Portion (cheese): size of two fingers	Vegetables for health Portion: handful	Fruit to fight disease Portion: handful
Bread rolls	Prawns defrosted, dried and placed in a pot	Fromage frais in a small pot	Raw broccoli/cauliflower cut into mini florets	Banana (cut a slit in the top for easy peeling)
Crackers	Chicken slices	Cup of milk	Coleslaw	Fruit salad in a pot
Oatcakes	Hard boiled egg	Custard in a small pot	Sugar snap peas	Fruit jelly
Tortilla wraps	Nuts and seeds	Cream cheese	Roasted vegetable salad	Berries in a small pot
Pasta or rice salad	Hummus or fish pate such as mackerel	Natural yoghurt in a small pot	Sweetcorn from a can, drained	Dried fruit (half portion size)
Couscous salad	Bean salad	Edam cheese cubed	Cucumber sliced/cubed	Easy peel clementine
Wholemeal pitta bread	Smooth Peanut butter	Soft cheese spread	Carrots cut into sticks	Melon wedges or cubes
Breadsticks	Kidney beans mashed with a little French dressing	Lancashire cheese with a chutney dip	Red and yellow pepper sticks	Canned fruit in natural juice
Sandwich (1 slice brown bread/1 slice white)	Roast meat leftovers	Grated / sliced cheddar cheese	Cherry tomatoes cut into quarters	Fruit juice or smoothie (mix with 50% water)
Bagel	Salmon or tuna	Cottage cheese	Watercress	Plum or pear
French toast	Sliced lean ham	Rice pudding in a small pot	Assorted salad leaves	Kiwi fruit (top removed serve with a spoon)
Savoury scone	Quiche slice	Apricot fool	Avocado dip	Apple