

Reducing Salt, Fat and Sugar

When you're choosing foods for your child's lunchbox, always try to watch out for the levels of salt, fat and sugar. Foods that are often high in salt are processed meat and cheese. A product is high in sugar if it contains 10g or more of sugar per 100g.

Treats

DO NOT give crisps and biscuits, which are high in salt, fat and sugar, everyday. Children are more likely to eat these first and leave the more nutritious option. Try leaving them for Friday, as a treat!

Drinks

WATER IS BEST. Alternatively, try milk or unsweetened fruit juices. Most packaged drinks are high in sugar.



Happy Lunchbox Tips

- Involve your child in deciding some of their lunchbox contents, e.g. which piece of fruit they would prefer, or whether to

have a sandwich or a salad. Chances are, if they have helped to make the lunch, there will be less waste.

- Avoid putting too many items in the box, especially if your child is young - again, they may only go to waste.



THE BALANCED LUNCH SUM

1 x meat, fish or other protein

1 x starchy food

1 x fruit or vegetable

1 x milk, yoghurt or cheese

water



Together we enjoy, create and achieve

Healthy Lunchboxes at Caversham Park Primary School



This leaflet contains some useful and practical ideas on how to pack a healthy lunchbox for your child

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A balanced diet

Children need a healthy balanced diet rich in fruit, vegetables and starchy foods such as pasta, rice and potatoes. Providing your child with a packed lunch that contains a variety of these things will help to make sure that they get the wide range of nutrients they need to stay healthy.



DAIRY PRODUCTS are rich in calcium, which is needed for healthy bones and teeth.

RED MEAT, FISH, PULSES AND GREEN VEGETABLES are good sources of iron. Iron is needed for healthy blood.

FISH is a good source of protein, vitamins and minerals.

CITRUS FRUIT AND TOMATOES are good sources of Vitamin C, which is essential to keep us healthy.

MILK, MARGARINE, BUTTER, GREEN VEGETABLES, CARROTS AND APRICOTS contain Vitamin A, which is important for good vision and healthy skin.

Sandwiches

About one third of our diet should be made up of starchy foods like bread. For a healthy packed lunch option, make sandwiches with wholemeal bread or rolls. Or try a different variety of breads like granary, multi-grain, bagels, chapatti, wraps or pitta to make sandwiches more interesting. Rice cakes, crackers and oat cakes are other interesting options.

Healthier sandwich fillings include lean meats such as chicken or turkey, fish such as tuna, and some low fat cheeses.

Here are some other starchy foods that you could use instead of bread in a packed lunch:

- pasta
- rice or potato salad
- breadsticks



Fruit and Vegetables

We should all be eating at least five portions of a variety of fruit and vegetables each day. Try including salad and vegetables in your child's packed lunch some days. Or give them a piece of fresh fruit or a chopped fruit salad if they prefer smaller bite-sized pieces.

Dried fruit, such as raisins or dried apricots are also good. Think small - children love snack sized foods such as cherry tomatoes, strawberries or grapes. Peel, slice or chop bigger fruit such as apples, pears or melon.



Vegetarian Diets

Good sources of protein, such as lentils and beans, milk, cheese and eggs, plus good sources of iron, like wholegrain cereals, green vegetables and dried apricots, help to create a healthy balanced packed lunch.

Extras

Choose a different "healthy extra" every day to add variety. These could include: yoghurt, scones, cereal bars, malt loaf, cheese chunks, sugar-free jelly or low fat rice pudding or custard.

On a cold day, you could give your child soup in a vacuum flask.



