

Add some variety

Sauces and spreads: add these to sandwiches or salads...

Spreading fat – low fat or standard
Low fat mayonnaise or salad cream
Mashed avocado
Tomatoes or tomato sauce
Mustard, pickles or horseradish
Marmite
Pesto

Low sugar extras

Low sugar jelly
Small can sugar free pop
Tinned fruit in natural juices

Treats

A healthy diet includes treats, but no more than two per week e.g.

Small piece of flapjack	Small packet of mixed nuts
1-2 plain biscuits	1 – 2 savoury crackers or breadsticks
Small piece of cake	Small pastry or sausage roll

Some tasty ideas:

- Instead of just sandwiches – try salads or soup for a varied lunch. Keep soup warm in a shatter-proof flask
- Make a pizza (add tomato sauce to a pitta bread, sprinkle with cheese, add your favourite vegetables and bake under the grill).
- Use leftover pasta, rice, cous cous or potato to make the salad or soup? Add as many of your favourite vegetables as you like!

For more information and ideas visit:

- Change 4 Life – www.nhs.uk/Change4Life/Pages/change-for-life.aspx
- Great Grub Club – www.greatgrubclub.com
- NHS choices – www.nhs.uk/livewell lighter lunchboxes and the Eatwell plate for more information about general healthy eating

DIVE

into your lunchbox

A practical guide for creating healthy, enjoyable packed lunches.

A healthy packed lunch including a variety of foods will help to provide all the nutrients needed to be healthy.
Choose one item from each category (apart from fruit and veg. as these are unlimited)

Try a different combination every day!

Make yourself a balanced tasty lunch

Starchy foods: use these as the base of your lunch to keep your energy levels up!

Sliced wholemeal, granary, rye or white bread
Wholemeal, crusty or soft rolls
Pitta breads
Crispbreads / crackers
Bagels
¼ of a baguette
Chapattis
Chunks of bread
Crumpets
Breakfast muffins
Naan breads
Cooked pasta
Cooked rice
Cooked potato
Wraps
Flatbreads
Oatcakes

Protein: add one of these to your sandwich, wrap or salad

Salmon, tuna, mackerel or sardines	Quorn	Boiled egg
Low fat cheese spread	Prawns	Beans
Cottage or cheddar cheese	Hummus	Low fat meat paste
Ham, chicken, turkey or beef slices	Dahl/lentils	Peanut butter

Vegetables and fruits

Have as many of these as you like (at least 2 portions)

Tomatoes	Apples
Lettuce	Pears
Cucumber	Bananas
Carrot	Oranges
Sweet corn	Satsuma
Sliced peppers	Kiwis
Radish	Pineapple
Cress	Grapes
Celery	Melon
Spinach	Strawberries
Peas	Plums

Sources of calcium

For healthy bones aim for a portion with each lunch

Cheddar or other hard cheese
Cottage cheese
Low fat yoghurt
Low fat fromage frais
Small rice pudding
Custard
Cup of milk

Drinks

Keep hydrated throughout the day (8 cups of fluid/day)

Water
Semi-skimmed milk
No added sugar squash
Tea / Coffee
Diluted fruit juice