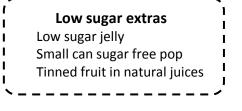
### Sauces and spreads: add these to sandwiches or salads...

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



#### Treats

A healthy diet includes treats, but no more than two per week e.g.Small piece of flapjackSmall packet of mixed nuts1-2 plain biscuits1-2 savoury crackers or breadsticks

Small pasty or sausage roll

#### Some tasty ideas:

Small piece of cake

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

## **DIVE** Noto your lunchboy

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 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
  - Revised September 2014

	Protein: add one	e of these to yo	our sandwich	, wrap or	salad	
Salmon, tuna, mackerel or sardines			Quorn	Boiled e	Boiled egg	
Low fat cheese spread			Prawns	В	Beans	
$\mathbf{i}$	age or cheddar ch n, chicken, turkey o		nmus Low Dahl/lentils	fat meat p	aste ut butter	
Vegetables Have as many of the least 2 po Tomatoes Lettuce Cucumber Carrot Sweet corn	ese as you like (at ortions) Apples Pears Bananas Oranges Satsuma	For he for a po Chec Cotta Low 1	ige cheese fat yoghurt	m   ch   urd     	Drinks Keep hydrated throughout the day (	в
Radish Pi Cress G Celery N Spinach St	Kiwis Pineapple Grapes Melon Strawberries Plums	Smal Custa	w fat fromage frais all rice pudding stard p of milk — — — — – –	s     _/	cups of fluid/day) Water Semi-skimmed milk No added sugar squash Tea / Coffee Diluted fruit juice	ı