

For a healthy, balanced lunch-box, choose something from each food group...



### High Energy Foods

Have a big portion of a carbohydrates to keep your energy up all day. For example,

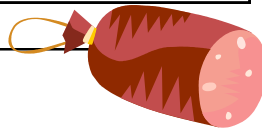
- Bread
- Pittas
- Pasta
- Couscous
- Rice
- Chickpeas
- Noodles



### Food to help you grow

This means protein which is the food group that contains; meat, fish, eggs, beans and nuts, perhaps in a salad or sandwich.

Remember a small portion of dairy like milk or yogurt for calcium.



### Fruit and Vegetables

Pack at least two portions of fruit or veg every-day, in a salad, in a sandwich or just on their own. It doesn't matter whether its fresh or dried fruit but try and get some variety to make sure you get lots of different vitamins.



### Why not try some of these sandwich fillings?

- Tuna and sweetcorn
- Cheese and pickle
- Egg and tomato
- Grated cheese and carrot
- Ham and coleslaw
- Chicken and salad
- Mackerel and cucumber
- Cold meat and salad



Try different kinds of bread; brown, seeded, roll, chapattis etc  
You could also add low fat spread or mayonnaise



### Why not try a delicious salad?

- Step 1, Base  
Rice, Lentils, Pasta, Beans or Potato
- Step 2, Vegetables  
Lettuce, carrots, peppers, dates, cucumber, celery
- Step 3, Dressing  
Salad cream, French dressing or mayonnaise



### Drinks

A bottle or carton of:

- Water
- Milk
- Juice



### Please avoid

- Fizzy drinks
- Sweets
- Chocolate bars eg snickers, mars
- Nuts (as some children in our school have severe nut allergies)

### Top Tips

Keep your lunch box clean and cool with a tight lid so nothing falls out