

Add some variety

Sauces and spreads

Add these to sandwiches or salads.

Natural yoghurt

Lowfat mayonnaise
or salad cream

Mashed avocado

Tomato sauce or horseradish

Mustard, pickles or chutney

Yeast or beef extract

Pesto

Food and drink high in fat and sugar

A healthy diet can include the occasional less healthy items. Choose low fat, low sugar alternatives if you are worried about your weight or health

Small piece of flapjack

Small packet of mixed
nuts or dried fruit

1-2 small biscuits

Small bag of crisps or
plain popcorn

Small piece of cake

Small pasty or sausage roll

Lower sugar extras

Sugar free jelly

Small bottle sugar free drink

Tinned fruit in natural juice

Natural yogurt

Salt

Try not to choose salty foods every day.

Some tasty ideas:

Instead of sandwiches - try salads or soup for a varied lunch. Keep soup warm in a shatter-proof flask.

Make a pizza - add tomato sauce to pitta bread, sprinkle with cheese, add your favourite vegetables and bake under the grill.

Keep your lunch safe

You are at increased risk of food poisoning if your lunch box is stored near a radiator or in sunlight. A 'fridge is great, or put an 'ice block' or frozen drink in the lunchbox to keep the contents cool.

For more information & ideas:

Change 4 Life

NHS choices - search packed lunches



Dive into your lunchbox



A practical guide for creating healthy, enjoyable packed lunches

**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, Chunks of bread

Bagels, Baguette, Chapattis

English wholemeal or white muffins, Crumpets

Naan breads

Cooked pasta, Rice, Potato

Wraps, Flatbreads, Oatcakes
Dahl/lentils or beans

Protein

Add one of these to your sandwich, wrap or salad.

Salmon, Tuna, Mackerel or Sardines

Prawns

Quorn

Cream cheese or cheese spread

Cheese - any type

Low fat meat or fish pate

Ham, chicken, turkey or beef

Boiled egg

Hummus

Peanut butter

Dahl/lentils or beans

Vegetables and fruits

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

Tomatoes

Lettuce

Cucumber

Carrot

Sweetcorn

Sliced peppers

Pineapple

Cress

Celery

Spinach

Peas

Mushrooms

Apples

Pears

Bananas

Oranges

Satsuma

Kiwis

Radish

Grapes

Melon

Strawberries

Plums

Fruit in juice

Sources of calcium

For healthy bones aim for a portion with each lunch.

Cheddar or other hard cheese

Cottage cheese

Yoghurt

Fromage frais

Small rice pudding

Custard

Cup of milk

Drinks include a drink.

Water

Milk

Diluted fruit juice

No added sugar drink

Coffee, Tea, Fruit or Herbal tea

