

HERE'S WHAT SHOULD GO IN A HEALTHY LUNCHBOX

BREAD AND CEREALS

Two portions from the bread and cereals group which would be...

- 2 slices of bread
- 1 small bread roll
- 1 tortilla wrap
- 1 pitta bread
- 4–6 crackers or breadsticks
- 4 tablespoons or 6 dessertspoons cooked rice, pasta or couscous
- 1 small bagel

DID YOU KNOW?

Including wholegrain varieties of breads and cereals in our diet can help us feel fuller for longer and prevent constipation.



MEAT AND MEAT ALTERNATIVES

One portion from the meat and meat alternatives food group...

- 2 slices (50–75g or 2–3oz) of cooked meat
- 1–2 eggs (hard-boiled, sliced or mashed)
- A small can (100g or 4oz) of tuna, salmon, mackerel or sardines
- 4 tablespoons of chickpea spread, for example, hummus – try out as a dip with carrots or celery

Note: Fish such as tinned tuna or salmon should be included in the lunchbox at least once a week – remove any bones

DID YOU KNOW?

Lean cuts of meat such as chicken breast are lower in salt than processed meats such as ham and bacon. Too much salt can raise blood pressure in adults and children so choose lean meat more often than processed meat.



FRUIT AND VEGETABLES

At least one portion from the fruit and vegetables food group...

- 1 medium apple, orange, banana, pear or similar size fruit
- 2 small fruits – plums, kiwis or similar size fruit
- A small glass (100ml) of unsweetened fruit juice
- Half a tin (3 tablespoons or 4 dessertspoons) of fruit in its own juice
- 1 heaped dessertspoon of dried fruit (for example, raisins or sultanas)
- 1 small bunch of grapes (10–12 grapes)
- 1 small salad (for example, dessert bowl sized salad of lettuce, tomato, cucumber and celery sticks)
- 3 tablespoons or 4 dessertspoons of vegetables (for example, chopped or grated carrots)
- A bowl of homemade vegetable soup

DID YOU KNOW?

To avoid soggy sandwiches put juicy vegetables between some lettuce and other sandwich filler for example, cheese. For younger children cutting fruit into manageable size chunks will encourage them to eat more fruit.



DAIRY PRODUCTS

One portion from the dairy products food group...

- 1 glass or mini-carton of milk (200ml)
- A pot of natural or low fat yoghurt (125ml) or similar quantity of custard
- 2 processed cheese triangles
- A matchbox-sized piece of cheese such as cheddar, edam or gouda varieties

Note: Low fat dairy products are suitable for children over two years of age. Flavoured milks are also a good source of calcium but have a higher energy and sugar content than plain milk – check labels and compare brands.

DID YOU KNOW?

Dairy products are especially important in the diets of children and teenagers as they provide calcium to support growing bones and teeth.



SUITABLE DRINKS FOR CHILDREN



It is important that children take in enough fluids during the day. If they do not drink enough, they may become dehydrated, thirsty, tired and weak. Drinks should always be included for break-time and lunch.

Water and milk are the most suitable drinks for children. Because of its natural sugar content, unsweetened fruit juice should be consumed with meals and ideally diluted (one part juice to ten parts water).

If you are unsure about whether a drink contains added sugar, check the ingredients list. Less common terms for sugar that may appear on the ingredients list are sucrose, fructose, glucose, maltose, dextrose and syrup. See our table for the low down on suitable drinks.

DRINK	TOOTH FRIENDLY	
Water	Best choice anytime	
Milk (semi-skimmed/low fat preferably)	Good choice anytime	
Unsweetened fruit juice (fruit juice from concentrate is suitable also if it does not contain added sugar)	At mealtimes	
Flavoured milk*	At mealtimes	
Diluted sugar-free squash	At mealtimes	
Yoghurt or milk drinks*	At mealtimes	
Smoothies*	At mealtimes	
Fruit juice drink (unsweetened)	At mealtimes	
Fruit juice drink (sweetened)	Not tooth friendly	
Fizzy drinks (including diet versions)	Not tooth friendly	

*Compare brands and choose those that are lower in sugar

5-DAY LUNCHBOX PLANNER

We often end up putting the same things in the lunchbox everyday. Keeping lunchbox contents varied makes lunch more enjoyable. The following planner shows you the potential variety you can have.

MONDAY

1 medium bread roll with chicken and lettuce

+



+

Handful of carrot sticks

+

Pot of low fat yoghurt

+



TUESDAY

Small pitta bread with tuna and sweetcorn

+



+

½ wholemeal scone

+



+

Carton of milk

WEDNESDAY

2 tablespoons of pasta with 1 tablespoon of dried fruit

+



+

2 crackers with low fat cheddar cheese

+



+

Carton of unsweetened fruit juice

THURSDAY

2 slices of bread with cooked ham and lettuce

+

Small container of fruit in its own juice

+



+

Yoghurt

+



FRIDAY

Tortilla wrap with chicken, sliced peppers and lettuce

+



+

Small tub of stewed fruit

+

6 cherry tomatoes

+



Note:

1. Lunchbox planner includes snack and lunch items
2. Smaller portions for smaller people
3. Use low fat spread, low fat mayonnaise or relish instead of full fat options

IDEAS FOR HEALTHY SNACKS AND LUNCHES ARE ONLY A CLICK AWAY

HEALTHY SNACK OPTIONS (LOWER IN SUGAR AND FAT)

Many schools are Health Promoting Schools and have developed healthy eating policies that encourage parents and children not to put certain foods in the lunchbox such as chocolate, crisps and sweets.

To learn more about Health Promoting Schools, please contact Health Promotion and Improvement.

<https://healthpromotion.ie/health/schools>

For healthy snack ideas

www.safefood.eu

TASTY, HEALTHY LUNCHES

Check out the **safefood** website for easy ways to choose a balanced nutritious and tasty lunch for your children each day.

www.safefood.eu/Healthy-lunchboxes



www.safefood.eu
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