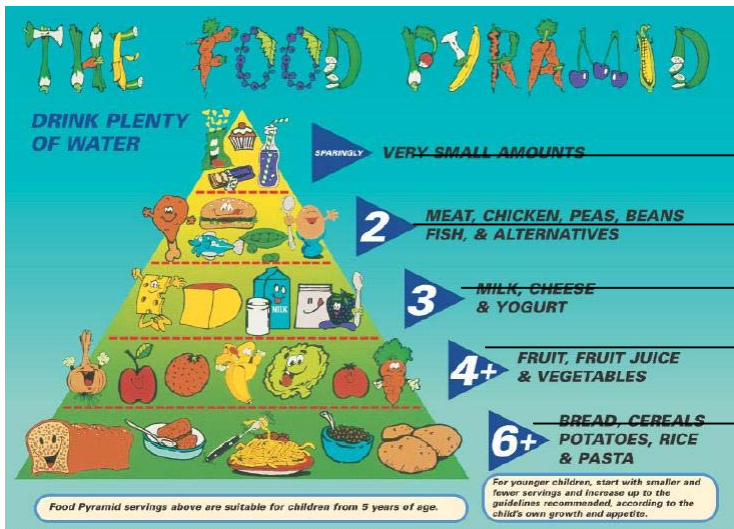


PACK THEM OFF WITH A HEALTHY LUNCH

Lunch is an important meal for children and should provide at least **one third** of a child's daily nutrients to help them grow, learn and play. Try the following options or use the food pyramid to guide what you included in your child's lunch box.



Recommended number of portions to include in your child's lunch box
Sparingly
1 serving of meat, chicken, fish
1 serving of milk, cheese & yoghurt
1 or more servings of fruit & veg
2 or more servings of bread cereals

<p>Bread Cereals – 2 or more servings 1 serving =</p> <ul style="list-style-type: none"> • 1 slice of bread • 1 medium roll • 2 crackers • 1 small scone • 3 dessertspoons cooked rice or pasta • small serving of plain popcorn 	<p>Fruit and Veg – 1 or more servings 1 serving =</p> <ul style="list-style-type: none"> • 1 large piece of fruit • 2 small pieces of fruit • 100ml unsweetened fruit juice • ½ tin of fruit in own juice • 3 dessertspoons vegetables • 1 small salad
<p>Milk Cheese & Yoghurt – 1 serving 1 serving =</p> <ul style="list-style-type: none"> • 1 glass of milk / mini carton • 1 yoghurt • 1oz / 28g cheddar type cheese • 2 cheese slices 	<p>Meat Chicken Fish Eggs – 2 serving 1 serving =</p> <ul style="list-style-type: none"> • 2 slices / 2oz / 56g cooked meat • 2 slices / 2oz / 56g chicken / turkey • 3 oz / 84g tuna, salmon, sardines • 2 eggs – hard boiled, sliced/mashed • 2oz / 56g cheddar type cheese

LUNCH BOX COMBINATIONS

- Wholemeal bread with cheese slices and tomato + 1 banana and sugar free squash
- Pitta bread with cooked ham, low fat mayonnaise, lettuce and cucumber + orange segments + milk to drink
- Burger bun with chicken, relish, lettuce and grated carrot +dried fruit+ yoghurt +water to drink
- Cooked pasta with tuna, lettuce, tomato, carrot + 2 mandarins + yoghurt+ unsweetened pure fruit juice
- Salad box with cooked rice, lettuce, tomato, cheese cubes, celery sticks, carrot sticks, + dried fruit + water to drink
- White roll with mashed hard boiled egg, lettuce, cucumber +handful of grapes + milk to drink
- Wholemeal bap with lean grilled rashers, tomato and sweet corn + peach +milk to drink
- Crackers with cheese slices, sliced peppers, grated carrot +apple and orange segments +water to drink
- Cooked rice with peas, carrot and chicken pieces + dried fruit + unsweetened fruit juice
- Hummus sandwich + banana + unsweetened fruit juice

SMALL BREAK SUGGESTIONS

<ul style="list-style-type: none"> • Fresh fruit • Bread, rolls, baps, pitta breads • Scones, wholemeal, brown, currant or white • Small sandwiches • Crackers with cheese, cheese spread, peanut butter • Fruit brack, malt loaf, banana bread • Yoghurt 	<ul style="list-style-type: none"> • Bowl of homemade soup • Pancakes with fresh or tinned fruit • Cheese and fruit mix • Vegetable sticks with peanut butter dip • Carton of milk with 2 plain biscuits. Plain popcorn (not suitable for under fives) • Homemade milk shake or smoothie
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FLUID

It is important that children take enough fluids during the day to avoid dehydration which could cause them to become tired and weak. A drink should always be provided for lunch and break time. **Water** and **milk** are the **best** choice as they are tooth friendly and milk provides valuable calcium which is essential for growing bones and teeth.

TYPE OF DRINK	SUITABILITY
Milk and water	Most tooth friendly. Suitable between and with meals
Pure unsweetened juice	Good source of vitamin C, but acidic so can attack teeth. Drink with meals.
Fruit drinks and squashes	Best avoided as they contain a lot of sugar and have poor nutrition quality. However if a child is drinking them have with meals.
Sugar free squashes	Contain artificial sweeteners which are not healthy in large amounts. Dilute well & use only very occasionally
Fizzy drinks	Contain both sugar and acid, should be avoided
Diet fizzy drinks	Contain artificial sweeteners, acid and sometimes some sugar, best avoided.