

# One minute guide to healthy eating

## Lunchbox tips

### A balanced lunchbox should contain:

Starchy foods such as bread, a roll, pita or flat bread, fruit bread, crackers, rice, potatoes or pasta.

Protein foods like slices of lean meat, fish, hardboiled eggs or beans.

A dairy item, like cheese, cheese sticks or slice, grated cheese, milk or yoghurt.

Fresh fruit.

Crunchy vegetables.



Water.

- Get your children involved in preparing and choosing what goes in their lunchboxes - they're more likely to eat what's in it!
- Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned - in juice not syrup).
- If your child really likes their crisps; try reducing the number of times you include them in their lunchbox and swap or homemade plain popcorn or plain rice cakes instead.
- Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.
- Wraps and pots of fillings can be more exciting for kids when they get to put them together. Dipping foods are also fun and make a change from a sandwich each day.

You can find more hints and what your child's lunchbox should contain at:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>