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NHS
Norfolk and Norwich
University Hospitals
NHS Foundation Trust

Children's Section: Healthy Lunchboxes

This dietary advice sheet gives some general information to help you make healthy choices for your lunchbox. If you need more detailed advice or if you are following a special diet that makes it difficult to make these changes, please ask your doctor to refer you to a registered dietitian.

With a little imagination…packed lunches can be healthy and fun! Include a drink and something from the four main food groups shown below:

Filler Foods

Try different kinds of breads, such as sliced bread, rolls, ciabatta, pitta bread, bagels, baguette, tortillas, chapattis and crackers.
Go for variety. Try wholemeal, granary or white with added fibre.

For a change, use wholemeal pasta, brown/mixed rice or potato as a salad base.

Protein Foods

Eggs – as a filling or hard boiled
Fish - such as tuna or salmon
Chicken – as a filling or as drumsticks Lean meat – such as ham or beef Beans and pulses, such
as hummus,
kidney beans
Nuts

Fruit and Veg

Aim to include 2 from this group if you can:

- Fresh fruit prepared into bite sized, easy to eat pieces, such as grapes, kiwi, orange segments.
- Dried fruits, such as raisins, apricots or a small packet of mixed fruits.
- Tinned fruit in juice - pop it into a small pot. Avoid fruit in syrup.
- Raw vegetables in small, ready to eat, bite sized pieces, such as cucumber, cherry tomatoes, pepper, carrots, celery.
- Homemade smoothies (see recipe on back).

Dairy

- Mini cheese portion
- Low fat cheese spread
- Low fat custard or rice pudding
- Low fat yogurt or fromage frais

Something to Drink
- Water
- Milk
- Small carton of pure fruit juice
- Low calorie squash or diet drinks

5 Day Sample Lunches

5.

- Rice salad with chopped tomato and cucumber
- Hard boiled egg
- Low fat fromage frais
- Banana
- Plain milk

**Keep your lunch cool! Use a cool bag,
pop in an ice pack or freeze a carton
of juice to keep food cool. Keep it in
the fridge the night before. Don't
place your lunch
next to a radiator.**