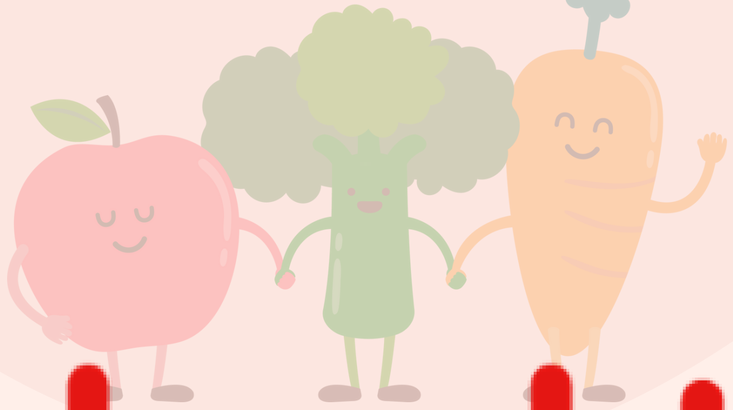

School Health UK

THE PACKED LUNCH GUIDE

We've designed the information in this guide to ensure you have the simplest guide to create healthy, nutritious and, more importantly, tasty packed lunches!

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Fruit & Veg

Make sure to include at least one portion of fruit and one portion of vegetables or salad for lunch. These can be fresh, frozen or tinned, which all contain the necessary nutrients and vitamins. Remember to provide at least five portions of fruit and vegetables across the day, and keep them varied.

- Portion sizes: 1 apple, 1 satsuma, 10 berries, 2-3 tablespoons of tinned fruit, 60g of vegetables, salad or cooked pulses

Carbohydrates

Starchy carbohydrates are important as your child's main energy source. Examples include bread, pasta, rice, potatoes, and cous cous.

- Portion sizes: 1-2 slices bread, 1 small pitta, 45-65g of dried pasta/noodles, 40-60g of dried grains, 70-100g of roast potatoes or wedges (raw)

Drinks

Water makes up over half of your child's body weight. It is essential for all bodily functions, and for brain growth. It is important to drink lots of water and avoid sugary and fizzy drinks. Aim for 6-8 glasses of fluid per day.

Oils & Spreads

Eat less often and in small amounts, choosing lower fat spreads where possible.

Sources of Protein

Protein is important for your little one's growth, helping with maintenance and repair of the body. Opt for leaner meats and limit battered and fried options. Make sure to provide fish twice a week, with oily fish at least once for healthy omega-3 acids. Don't forget protein sources also include: beans, lentils, chickpeas, eggs, tofu and Quorn.

- Portion sizes: 1 sausage, 1 egg, 50-70g of fish, meat alternatives, and chicken nuggets, 60-85g of roast chicken, turkey or duck, 50-80g of roast beef, lamb or pork

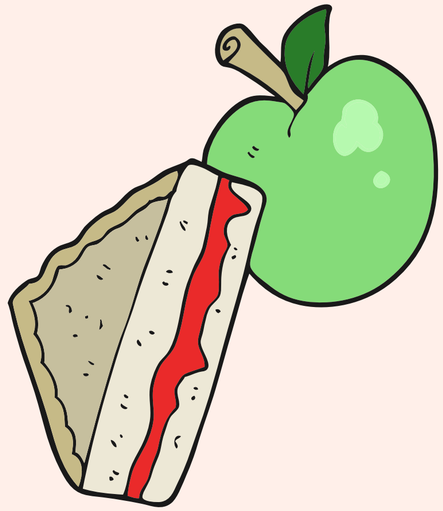
Dairy & Alternatives

Dairy provides calcium, essential vitamins and added protein, which are important for growing strong bones and teeth. Tofu, dark leafy greens and milk alternatives also provide these.

- Portion sizes: 80-120g of yoghurt, 20-30g of cheese, 200ml of unsweetened calcium-fortified milk alternatives e.g. soya, oat, or almond

Lunch Boxes

Lunch boxes should be varied and consider the Eatwell Guide. Must not contain any chocolate, sweets or other confectionery, including cereal bars and processed fruit bars Is packed by parents and children - they are more likely to enjoy if they helped make it.



ONLY 1.6% OF PACKED LUNCHES MEET NUTRITIONAL STANDARDS AND ONLY ONE IN FIVE CONTAINS ANY VEGETABLES!

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Find Out More!

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Transforming Lunchtimes

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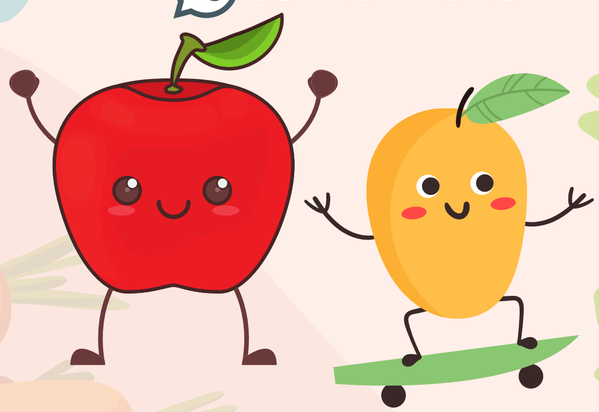
Top Tips !

1. Squeeze some lemon on fruit to keep it fresh
2. Use stronger tasting cheese - youll use less!
3. Get creative with fruit infused waters
4. Choose wholegrain and skin on where possible
5. Opt for lower fat fillings like turkey/chicken
6. Remember low fat often means high sugar



Key Lunch Components

- Sources of Protein
- Carbohydrates
- Dairy & Alternatives
- Fruit & Veg
- Drinks

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