

## Ten Top Healthy Lunch Box Tips

1. Base the main part of the lunch on starchy foods like bread, cereal, rice, pasta or potatoes.
2. Get creative with some alternatives to sandwiches, for example, wholemeal pitta pockets, tortilla wraps or pasta salad.
3. Include some protein such as lean meat, chicken, tuna, ham, cheese, egg or hummous.
4. Aim to have at least one fruit or vegetable based food or drink in the lunch box to count towards your child's five fruit and vegetable portions a day.
5. Children need to eat regularly to maintain energy levels, so don't forget to include a snack. This might include a treat such as a piece of fruit, a small packet of crisps, crackers with cheese, a biscuit, yogurt, samosa, chapatti, a scone, fruit bun or chocolate.
6. Add a portion of semi-skimmed milk or other dairy food such as cheese or fromage frais.
7. Fluids are an important part of a child's diet. Try a variety of different drinks such as a carton of fruit juice, water, yogurt or milk drink.
8. Try the mini-sized versions of your child's favourite foods – a healthy lunch box does not mean giving up all the foods children enjoy.
9. Check out the Guideline Daily Amount (GDAs) information on the front of many food products and experiment with some different choices. You can also download our GDA factsheet by going to:  
[http://www.healthylunchbox.co.uk/factsheets/hlb\\_gdas.pdf](http://www.healthylunchbox.co.uk/factsheets/hlb_gdas.pdf)
10. Pop a cool pack or a frozen drink in the lunch box to keep it cool and remember to wash hands before preparing and eating food.

**HealthyLunchbox.co.uk is produced by Food and Drink Federation (FDF)**

Food and Drink Federation ■ 6 Catherine Street ■ London WC2B 5JJ

Tel: +44 (0)20 7836 2460 ■ Fax: +44 (0)20 7836 0580 ■ Web: [www.fdf.org.uk](http://www.fdf.org.uk)

Registered office as above. Registered in London with limited liability. Certificate of Incorporation no. 210572. The Food and Drink Federation seeks to ensure that information and guidance it provides are correct but accepts no liability in respect thereof. Such information and guidance are not substitutes for specific legal or other professional advice.