



Healthy Lunchboxes

It is important to make sure the lunchboxes that children bring to preschool provide a healthy, balanced lunch. This means plenty of foods that contain the nutrients that children need, and fewer foods that are high in sugar and saturated fat. Swapping foods is easy to do and means you don't have to miss out.

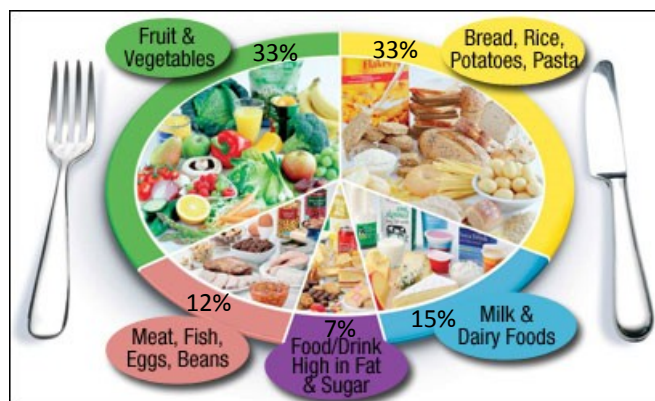
Try switching:

Food type:

cheese dunkers		Cream Cheese & breadsticks
Fat	6.1g	➡ 2.1g
Saturates	3.5g	1.6g
Sugar	3.5g	2.6g
Salt	0.8g	0.5g
Sausage roll		Chicken sandwich
Fat	17.2g	➡ 3.1g
Saturates	7.7g	0.8g
Sugar	1.1g	3.2g
Salt	0.75g	0.75g

Did you know?
4g of sugar is equal to one tsp.

Try and base each meal around the "Eatwell plate".
Meals should consist of carbohydrates (preferably whole grain varieties), fruit and vegetables, dairy and protein.



Guideline daily amounts 4-6 years

Calories	1150
Fat	60g
Sat fat	20g
Sugar	75g
Salt	3g

Healthy lunchbox ideas....

- ✓ Fruit
- ✓ Chopped up raw vegetables
- ✓ Yoghurt
- ✓ Malt loaf
- ✓ Fruit and oat based cereal bars
- ✓ Bread sticks
- ✓ Small piece of cheese
- ✓ Pasta
- ✓ Cous cous

Drinks

Most juice drinks contain high amounts of sugar, which can lead to tooth decay.

Substitute high sugar drinks with...

- ✓ Water-sparkling or still
- ✓ 100% fruit juice
- ✓ Fruit smoothies
- ✓ Milk or flavoured milk with no more than 5% added sugar.

Sandwiches

Sandwiches in lunchboxes everyday can get a bit boring, so why not make it a little more exciting by trying out different types of breads, you could try...

- ✓ Wholemeal or granary bread
- ✓ Pitta breads
- ✓ Tortilla wraps
- ✓ Bagels

Salt

Eating too much salt can increase risk of high blood pressure, heart disease and stroke. 75% of the salt we eat is already in the food we buy. Only 25% of salt we eat comes from salt added at the table or during cooking. Salt is in lots of foods, such as bread, biscuits, crisps, cheese and processed foods. Therefore it is important to check food labels and cut down on processed food.