

# PACKED WITH HEALTH?

Healthy ways to fill a lunch box

## 1. Take some bread

High fibre white, wholemeal, white, seeded or perhaps a roll, wrap, pitta, chapatti or crackers

## 2. Now take a tasty filling

Chicken, cheese, cream cheese, egg, ham, mozzarella and tomato, tuna and sweetcorn

Add some lettuce, slices of cucumber or a tomato

## 3. Now a portion or two of fruit and vegetables

Apple, banana, grapes, kiwi, pear, plum, mango or melon cubes, dried fruit is good too – raisins, sultanas, apricots. You could even add a

little pot of fruit and/or carrot or celery sticks, cherry tomatoes, chunk of cucumber

## 4. Add a dairy choice

Fromage frais or yogurt (especially if no cheese or milk are included)...

# FIVE easy steps to a healthy packed lunch

## 5. And to finish add a drink

Water, fruit juice and milk are best  
Look for drinks with no added sugar

## ...and a healthy extra

a slice of malt loaf, currant bun, scone, plain biscuits, plain popcorn