



Healthy Lunch Box Guide

We like to encourage the children at Wye Under Fives to eat and drink healthily.

As a guide, a balanced packed lunch would ideally contain:-

Starchy foods  These are bread, rice, potatoes, pasta and others. 

Protein foods  These are meat, fish,  eggs,  beans and others.

A Dairy item  This could be cheese or yoghurt.

Vegetables or Salad  and a portion of fruit. 

Starchy foods are a good source of energy and should, in an ideal world, make up a third of the lunchbox. To stop things getting boring, instead of sandwiches, perhaps give your child bagels, pitta bread, wraps or baguettes. Alternatively, use brown, wholemeal or seeded bread instead of white bread.

Children often like food they can eat with their fingers, so you could try chopping up raw veggies such as carrots or peppers and give them houmous or cottage cheese to dip the veggies in. Breadsticks and wholemeal crackers are great fingers foods and they can be spread with low fat soft cheese or eaten with reduced fat cheddar and pickles.

Try replacing chocolate bars and cakes with fresh fruit or dried fruit.

Vary the fruit each day and get them to try new things, like kiwi or melon.

You could also make up a tasty fruit salad for a change. Go on, be inventive and encourage your children when they try something new.