

Lunchbox Check List

Have you put in:

1. **Some bread, a roll, wrap, pitta, chapatti, crackers or something with pasta or rice?**



(bread, rice, potatoes, pasta and other starchy food group)

Use different types of bread -high fibre white, wholemeal, white, seeded

2. **A tasty food to go with the choice above?**



(meat, fish, eggs, beans and other proteins group)

Chicken, beef, ham, tuna, salmon, egg, hummus, beans

3. **A portion or two of fruit and vegetables?**



(fruit and vegetables group)

Fresh, frozen or tinned fruit can be added. What about vegetable sticks or little tomatoes?

4. **A dairy choice?**



(milk and dairy food group)

Fromage frais, yogurt, milk, cheese

5. **A drink?**



Water and milk are the best choices

6. **And perhaps a healthy extra?**



Slice of malt loaf, current bun, scone, scotch pancake