



A Healthy Lunchbox!



Choose an item of food from each of the five sections

CARBOHYDRATES for energy Portion: size of fist	PROTEIN for growth Portion: size of palm	DAIRY for strong bones/teeth Portion (cheese): size of two fingers	VEGETABLES for health Portion: handful	FRUIT to fight disease Portion: handful
Bread roll	Chicken slices	Natural yoghurt in a small pot	Carrots, cut into sticks	Fruit salad in a pot
Crackers	Bean salad *	Soft cheese spread	Roasted vegetable salad	Banana, cut a slit in the top for easy peeling
Oatcakes	Hard boiled egg	Cream cheese	Coleslaw *	Canned fruit in natural juice
Zebra sandwich (1 slice brown bread/1 slice white)	Fish pate * (e.g. mackerel mixed with cream cheese and a squeeze of lemon)	Lancaster cheese with a chutney dip	Raw broccoli or cauliflower cut into mini florets	Apple cut into wedges and wipe with lemon juice and place in a sealable pot
Tortilla wrap	Houmous *	Cup of milk	Sugar snap peas	Dried fruit (half portion size)
Couscous salad *	Kidney beans mashed with a little French dressing	Custard in a small pot	Red and yellow pepper sticks	Seedless grapes cut into quarters
Pasta or rice salad *	Quiche slice *	Edam cheese, cubed	Sweetcorn from a can, drained	Fruit juice or smoothie (mix with 50% water)
Wholemeal pitta bread	Prawns defrosted and dried on kitchen paper and placed in a pot	Grated / sliced cheddar cheese	Cherry tomatoes cut into quarters	Kiwi fruit top removed, serve with a spoon
Bread sticks	Roast meat leftovers	Cottage cheese	Watercress	Melon wedges or cubes
Potato salad	Salmon or tuna	Nibbles of different types of cheese	Tomato salsa *	Nectarine, plum, pear
Bagel	Sliced ham	Rice pudding in a small pot	Avocado dip *	Easy peel clementine
French toast	Smooth peanut butter	Fromage frais in a small pot	Assorted salad leaves	Berries in a small pot
Savoury scone *	Butterbean spread *	Apricot fool *	Cucumber peeled into ribbons	Fruit jelly

*visit our website www.cornwallhealthyweight.org.uk for lots more ideas and recipes