

SANDWICH FILLING IDEAS

Include **protein** or **dairy foods**, as these are important for growth and repair of body tissue.

- Cheese, chutney and grated carrot
- Chicken, ham, or beef slices with rocket
- Tuna and sweetcorn/cucumber
- Salmon and watercress
- Sardines or pilchards with cucumber
- Egg, tomato and cress
- Quorn slices with watercress
- Meat, fish or mushroom pate with peppers
- Hummus with red pepper



- Add high protein cheese chunks or a hard-boiled egg 'loose' if you only put jam in sandwiches!
- Include salad to help reach 5 A DAY
- Include oily fish at least once every 3 weeks
- Avoid high fat processed meat such as corned beef or salami!

Include at least **2 portions of fruit or vegetables** in your packed lunchbox

5 A DAY



What is a portion?

- A portion is approximately the amount of fruit you can hold in your hand.

1 apple	4-5 cucumber chunks
7 strawberries	Handful of carrot sticks
Mini box of raisins	7 Cherry tomatoes
200ml carton of fruit juice	Small pot of salad

What counts?

- Fresh, frozen, dried, tinned or juice (only once per day) all count!
- Fruit yoghurt or squash doesn't count!

GOOD COMBINATION

- Foods are separated in different groups:



- Include food from each group to ensure variety and a balanced meal:
- **Starchy** foods e.g. bread, pasta or rice salad
 - **Salad/vegetables/ fruit** (fresh, tinned, dried or juice)
 - **Protein** foods e.g. meat, fish, egg, Quorn slices
 - **Dairy** foods e.g. carton of milk, yoghurt, cheese

FOOD SAFETY

A packed lunch needs to be kept cool from the time it is prepared until it is eaten.

- Use icepacks in lunch boxes to keep chilled
- Use 'lunchbox' cool bags
- Use frozen bread for sandwiches



PREPARATION

Plan your packed lunches in advance; you can then use leftover items from previous evening meals such as chilled pasta, rice or cold pizza.

SNACK IDEAS – OTHER THAN

FRUIT!

- Cooked mini (vegetarian) sausages
- Breadsticks and dips
- Small wedge of cheese
- Hard-boiled eggs
- Chicken drumstick
- Malt Loaf
- Flapjack
- Carrot cake
- Fruit salad
- Fruit scone
- Plain Biscuits
- Fruit cake
- Pasta salad - with vegetables
- Rice salad - with vegetables
- Fruit smoothie
- Yoghurt/ fromage frais
- Slice of cold vegetable pizza
- Milk or yoghurt drink - less than 5% added sugar



BREAD FOR THE SANDWICHES

Starchy foods are the main filler foods and should provide the bulk of a meal, including a packed lunch.

Bread, rice and pasta are **starchy** foods. Vary the bread:

- White /Multigrain /Wholemeal slices
- Pitta pockets
- Tortilla wraps
- French Stick
- Fruit bread
- Tomato bread
- Herb bread
- Rolls
- Bagels
- Ciabatta

If you want a change from sandwiches, have pasta or rice salad instead, for instance:

- Chilled cooked pasta shapes with tuna, tomatoes, peppers, sweetcorn, red onion
- Chilled cooked rice with kidney beans, sweetcorn and peppers.

DRINKS

- Water and plain milk are ideal for healthy teeth.
- Plain tap water is good for teeth as sparkling water has more acid, which causes tooth erosion.



- Pure fruit juice can be counted as a portion of fruit (but only once per day!).
- Use smoothies, yoghurt and milk drinks with less than 5% added sugar
- Avoid 'juice drinks', which have added sugar.
- Sugar-free squash is better for teeth than sugary drinks.



Lunchbox Ideas



Peterborough Dietitians