# HOW MUCH IS JUST ENOUGH?

Fruit and vegetables:

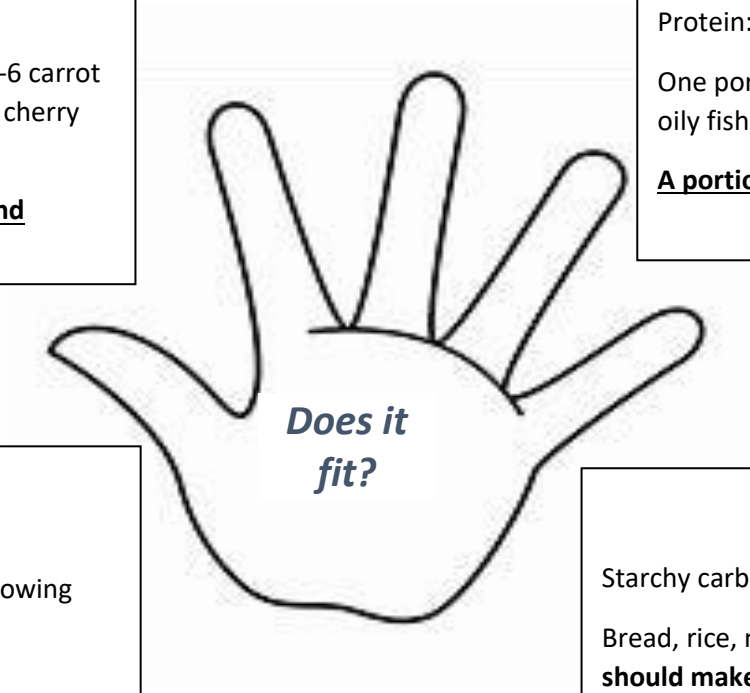
At least one portion: small apple, 4-6 carrot or cucumber sticks, satsuma or 3-4 cherry tomatoes

**A portion will fit in your child's hand**

Protein:

One portion of skinless chicken, lean meats, oily fish, eggs, lentils or chickpeas.

**A portion will fit in your child's hand**



Dairy:

A lunchtime portion one of the following

Plain yoghurt 50-100g pot

Hard cheese (eg cheddar) 15-20g

Soft cheese 20-25g

Glass of milk 150-175ml

Starchy carbs:

Bread, rice, noodles, pasta or potatoes – **should make up a third of their lunchbox**

# HEALTHY PACK LUNCH IDEAS

## Each day a healthy packed lunch should include:

**A portion of starchy food**

White or wholegrain bread, rolls, pitta bread or wraps, plain naan bread, bagels, cooked pasta, rice, noodles, couscous or potato as a salad

**A portion of meat, fish, eggs, beans or other non-dairy sources of protein**

Sliced meat, chicken, fish, sliced egg in sandwiches, rolls or wraps, meat alternatives such as tofu or pulses like kidney beans and chickpea salads

**A drink**

An additional water bottle, carton of fruit juice or plain milk – don't forget the ice pack!

**At least one portion of fruit and/or vegetable**

Fresh, frozen, canned or dried, these can all count towards 5-A-DAY.

Vegetables: carrot, cucumber, pepper or celery sticks, tomatoes, grated carrot in sandwiches or wraps, sweetcorn, peas or pulses in salad

Fruits: sliced apple or melon, plums, grapes, strawberries, kiwi, satsumas, chunks of pineapple, or dried fruit

**A portion of milk or dairy foods**

Plain yoghurts, cheese in sandwiches or wraps, semi-skimmed milk for children aged over 2 years

For more information on healthy lunches for children see www.bbcgoodfood.com/howto/guide/healthy-lunches-for-kids