

### Handy Hints for Healthy Lunches.

**Use these tips to help make healthier choices at lunch - whether you are at home, at school or away on camp.**

- Add at least one portion of fruit or vegetable to your lunch every day. Remember one medium glass of 100% fruit juice counts as one portion a day, no matter how much you drink.
- Add a dairy product to your lunch each day such as a low fat yoghurt, fromage frais, small pot of rice pudding, a glass of milk or low fat milkshake/drinking yoghurt.

#### **Sandwiches:**

- Choose wholemeal or brown bread
- If buying pre-packed sandwiches look at the nutritional label and try and choose a sandwich which has 3g or less of fat per 100g and 1.5g or less of saturated fat per 100g.
- If your sandwich has a moist filling you do not need butter or margarine. A thin spread of mustard or chutney can add flavour without too much fat.
- Choose healthy fillings for sandwiches such as lean meats (roast beef, turkey, chicken without skin), tuna, hummus, and hard-boiled egg. If you like cheese, cottage cheese, Edam and low fat cream cheese would be the lowest fat options.

#### **Hot Food:**

- Baked potatoes are a good option without butter. Healthy fillings include baked beans, tuna with small amount of reduced fat mayonnaise, cottage cheese or ratatouille. Avoid creamy looking sauces such as ready-mixed chicken tikka or coronation chicken as these are often high in fat.
- Pasta can be a good choice but go for tomato or vegetable based sauces instead of creamy or cheesy sauces and avoid adding cheese or use a very small amount.
- Soups can be good choices especially vegetable soups and add some wholemeal bread.

#### **Food swaps:**

- Muffins, croissants, pastries? **Swap them for** fruit or plain scones, bagels or current buns
- Creamy or cheese sauces? **Swap them for** tomato or vegetable sauces
- Chips? **Swap them for** a baked potato.
- Pies & sausages? **Swap them for** skinless chicken
- Cakes, chocolates, biscuits & sweets? **Swap them for** fruit salads, sorbets or low fat yogurts, rice puddings or custards.
- A bag of crisps? **Swap them for** some dried fruit, nuts or oat based cereal bar.
- If you eat from the school canteen choose the healthy eating options.

Fizzy drinks? **Swap them for** milk, water or fruit juice.