

Information for parents from Healthy Eating Scotland

What does a healthy lunchbox include?

Use the 'Have you included?' checklist below to make sure that your child has a good balance of food and drinks to cover all the essential nutrients and energy he or she needs at lunchtime.

A lunch that is bright, colourful and interesting is appealing to eat.

Include brightly coloured fruits and vegetables and a range of textures and shapes of foods.

Always include a drink. Children can become dehydrated quickly and this can affect their concentration levels as well as their health.

Have you included?

The basics - a good portion of starchy foods to boost energy levels. Try different types of breads and rolls e.g. pitta, wraps, granary bread, bagels, baguettes, or crackers.

Alternatively, use rice or pasta to make a simple salad.

Plenty of fruit and vegetables - try to include at least two portions. Cut carrots, peppers, celery or cucumber sticks, add cherry tomatoes or pop in a salad. Dried fruit such as raisins and dried apricots are great too.

A tasty filling for sandwiches - Why not try the following: cold meats such as ham, turkey or chicken, canned fish like salmon or tuna, hummus, eggs, cheese or cheese spread.

Remember to add colourful salad items such as red peppers, cucumber, tomatoes and lettuce.

A source of dairy foods - add a pot of yoghurt or fromage frais, a carton of semi-skimmed milk or some cheese. Children like individually wrapped portions of cheese or cut a matchbox size chunk of their favourite into cubes or sticks.

Pop in a drink - good choices are plain water (still or sparkling), semi-skimmed milk or pure fruit juice. Plain milk and plain water are the only safe drinks for teeth. Pure fruit juice is a good choice for mealtimes.