



Healthier lunchboxes



From



To




Chilled dessert, yoghurt, ice cream, sugary jelly, puddings


Choose low fat, lower-sugar yoghurt instead of sugary yoghurt, ice cream and sugary desserts. Make it more interesting by adding some chopped fruit or berries.



From



To



Fruit, cut-up veg, plain rice cakes, toast or bagel

Things to swap from:	Things to swap to:
<ul style="list-style-type: none"> • Muffins • Cakes • Croissants or pastries • Biscuits • Chocolate bars • Cereal bars • Sugary breakfast cereal • Puddings • Sweets 	<ul style="list-style-type: none"> • Fruit, fresh and tinned (in juice not syrup) • Cut up vegetables such as carrot or cucumber sticks • Plain rice cakes • Toast or bagel with spread such as low fat spreads and reduced fat hummus • Fresh or tinned fruit salad (not in syrup)
	<ul style="list-style-type: none"> • Sugar-free jelly • Low-fat, lower-sugar yoghurt



Visit Change 4 Life for more Healthier Lunchbox ideas
<https://www.nhs.uk/change4life-beta/recipes/healthier-lunchboxes>



Keep them fuller for longer

Base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Add bite-size fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox and swap for homemade plain popcorn or plain rice cakes instead.



DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to put them together. Dipping foods are also fun and make a change from a sandwich each day.



Ever green

Always add salad to sandwiches - it all counts towards your child's 5 A DAY.



Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A DAY. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Swap the fruit bars

Dried fruit such as raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Remember to keep dried fruit to mealtimes as it can be bad for your child's teeth.



Go low fat and lower sugar

Go for low-fat and lower sugar yoghurt or fromage frais and add your own fruit.



Swap the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned - in juice not syrup).