

# Ideas for healthier packed lunches



Further information and ideas can be found on the British Nutrition Foundation website: [www.nutrition.org.uk/lunches](http://www.nutrition.org.uk/lunches)



- Tuna and pasta salad with canned tuna, chopped peppers and a little olive oil and lemon juice
- Banana
- Handful of raisins
- Slice of flapjack
- Carton of semi-skimmed milk



- Lentil and vegetable curry with chapatti
- Broccoli and cauliflower crudité
- Satsuma
- Small tub of fruit cocktail in juice
- Low fat fruit yogurt
- Mango juice drink

- Granary roll with canned salmon, lettuce and cucumber
- Sticks of pepper
- Peach or nectarine
- 2 small chocolate chip cookies
- Carton of semi-skimmed milk



- Tortilla wrap with mixed beans, grated cheese, lettuce and a little soured cream
- Handful of grapes
- Fruit fromage frais
- Small packet of crisps
- Carton of apple juice



- Wholemeal sandwich with sliced beef, egg, lettuce and tomato
- Sugar snap peas
- Satsuma
- Fruit scone
- Bottle of drinking yogurt



- Couscous salad with grilled chicken, chopped peppers and sultanas
- Small tub of fruit cocktail in juice
- Fruit fromage frais
- Bottle of water

- Mini pittas with hummus, cucumber and grated carrot
- Piece of Edam cheese
- Handful of strawberries or cherries
- Fun-size chocolate bar
- Carton of mixed fruit juice



- Pasta salad with grilled sausage, chopped peppers and tomato pasta sauce
- Apple or pear
- Low fat fruit yogurt
- Carton of orange juice



- Bagel with salmon (grilled/canned), cream cheese and cucumber
- Bag of baby carrots
- Banana
- Dried figs
- Small packet of crisps
- Bottle of flavoured milk



- Wholegrain crackers with reduced fat cheddar cheese and pickle
- Cherry tomatoes
- Apple
- Handful of raisins
- Carton of tropical fruit juice