

## 1. Fruit

**FRESH FRUIT:**

- Apple
- Banana
- Mandarin
- Orange quarters
- Watermelon chunks
- Pineapple chunks
- Grapes
- Plums
- Nectarines, peaches, apricots
- Strawberries
- Cherries
- Kiwifruit halves
- Pear

**MIXED FRUIT:**

- Fruit salad
- Fruit kebabs

**DRIED FRUIT:**

- Raisins, dates, figs, prunes etc

**TINNED FRUIT:**

- In natural juice

## 2. Vegetables

**FRESH VEGIES:**

- Corn cobs
- Carrot sticks
- Green beans
- Cucumber sticks
- Celery sticks
- Snow peas
- Tomatoes
- Mushroom pieces

**Can serve with either:**

- Hommus
- Tomato salsa
- Tatziki
- Beetroot dip
- Natural yogurt

**SALADS:**

- Coleslaw and potato salad (reduced fat)
- Mexican bean, tomato, lettuce and cheese salad
- Pesto pasta salad

## 3. Dairy

**MILK, YOGURT AND CHEESE**

- Milk
- Calcium-enriched soy and other plant-based milk
- Yogurt
- Custard
- Cheese cubes, sticks or slices
- Cottage or ricotta cheese
- Cream cheese

**Can serve with either:**

- Fruit
- Wholegrain cereal, low in sugar
- Vegetable sticks
- Rice and corn cakes
- Wholegrain wheat crackers

## 4. Lean meat &amp; alternative

- Tinned tuna or salmon in springwater
- Lean roast or grilled meats
- Falafel balls
- Fish cakes, tuna & salamon patties
- Lentil burgers
- Boiled eggs
- Baked beans
- Tofu cubes
- Hommus dip
- Vegetable frittata

**Can serve with:**

- Wholegrain sandwich, roll, pita or wrap with salad
- Rice and corn cakes
- Wholegrain wheat crackers
- Side salad

## 5. Wholegrains &amp; cereals

**MAINS:**

- Wraps, sandwiches, rolls (use breads such as wholemeal, multigrain, rye, pita, flat, linseed, naan, bagels, fruit bread, muffins, sourdough)
- Pasta dishes
- Rice, quinoa or cous cous dishes
- Noodle dishes
- Sushi

**SWEET BAKED ITEMS:**

- Fruit loaf
- Wholemeal fruit based muffins

**SNACKS:**

- Crackers
- Crispbreads
- Rice/Corn cakes
- Wholemeal scones
- Hot cross bun

## 6. Water

Take a waterbottle (for refilling throughout the day)  
Children aged 4-13 years should drink 6-8 glasses a day (1.5L to 2L)

**Children aged 5-11 years should be consuming around 1,500 -2000 calories a day depending on their activity level (NHS).**



For more information about healthy eating swaps and for many tasty recipes, visit the the Change4Life website : <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>