

HEALTHY EATING GUIDE – TO BUILD A HEALTHY LUNCHBOX

Palmer Primary School is associated with O.P.A.L. (Obesity Prevention & Lifestyle) have put together this lunchbox planning guide.

GREEN

Food and drink in this category are the **best choices** for children to bring to school.

They include:

- Breads, cereals, rice, pasta
- Vegetables
- Fruit
- Dairy foods-reduced or low fat milk, yoghurt and cheese
- Lean meat and poultry, fish, eggs, nuts and legumes (dried beans and lentils)

What types of food could this include?

- Sandwiches-ham, beef, tuna, egg, cheese, salad
- Tin of baked beans
- Piece fruit/vegetable (fresh, frozen, dried, canned (in natural juice))
- Boiled egg
- Wholegrain crackers, rice and corn cakes
- Home made fruit/vegetable muffins
- Nuts (unsalted)
- Air popped popcorn (no sugar/salt)
- Low fat custard/yoghurt
- Water

It is good to aim for wrapper free lunch boxes



Amber

Amber foods are mainly those that have had some sugar, salt and/or fat added to them during processing.

Tips:

- Offer some of these foods on certain days of the week or weekends
- Serve amber foods with extra fruit and vegetables

What types of food could this include?

- Muesli bars
- Fruit straps
- Oven baked snack biscuits
- Fritz, ham, salami
- Full fat dairy (milk, yoghurt, custard, cheese)
- Fruit Juice – 100% (250ml)

RED

Red foods are those that are not essential for a healthy diet and are not recommended for school.

School will avoid, or limit to a maximum of twice per term (special occasions/events)

What types of food could this include?

- Drinks: soft drinks (including artificially sweetened), sports drinks, energy drinks, cordial, fruit boxes, flavoured mineral waters
- Confectionery-all-types
- Rollups, LCM bars ect.
- Deep fried foods – all types
- Snack foods: chips, crisps, biscuits, cake, flavoured popcorn
- Pies, pasties, sausage rolls