

# Healthy LUNCH



# Healthy lunch

## Start here

BREAD

### Choose a tummy filler

Bread, pasta, potato, pitta, rolls, wraps.

Brown and whole wheat is healthier and the energy you get from them lasts longer.

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### Choose a filling

Tuna, ham, turkey, beef, cheese, egg, etc.

This should be where you include your protein. Remember portion size!

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### Spread/sauce – Low-fat

Butter, margarine, mayonnaise, salad cream, tomato sauce.

Think, do you need extra sauce or spread?

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## Name your lunch e.g. tuna-tastic tasty lunch

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### To drink

Remember portion size, 'Whats' in my drink' and drink lots of water!

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### Something sweet

Yoghurts, malt loaf, kitkat, blue riband.

It's important not to deprive yourself of a small treat but be sensible.

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### On the side

Fruit, carrot sticks, crackers, yoghurt, crisps, nuts, boiled egg.

Remember what we know about snacks and making the healthiest choice.

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