



Heatherside Healthy Eating Guide



For a **HEALTHY, BALANCED** packed lunch, choose something from each food group **1, 2 and 3**



HELPFUL TIPS!

SANDWICH FILLINGS

TUNA AND SWEETCORN
COTTAGE CHEESE AND PEPPERS
HUMOUS AND CELERY
SAUSAGE AND TOMATO
CHEESE AND PICKLE
HAM AND COLESLAW
CHICKEN AND SALAD
MACKEREL AND CUCUMBER
SARDINE AND CRESS
ON WHOLEMEAL, PITTA, ROLLS OR BAPS

SALAD SUGGESTION

CHOOSE A FILL-YOU-UP BASE....
rice, lentils, pasta, couscous, beans, potato
ADD SALAD VEGETABLES....
mushrooms, celery, carrots, cauliflower, cabbage, peppers, tomatoes, cucumber, sweetcorn, beansprouts
ADD A LITTLE DRESSING....
lowfat mayonnaise, salad cream, French dressing

REMEMBER PLEASE DO NOT BRING THE FOLLOWING ITEMS:

NUTS, PEANUT BUTTER, SWEETS AND CHOCOLATE BARS

Processed food products such as crisps, sausage rolls, pepperoni, picnic eggs, scotch eggs, pork pies and sausages/chipolatas should be included only occasionally as treat.



Include only water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks.

At morning break you can bring fresh fruit, vegetables or pure dried fruit as a snack. (Not fruit flakes, cereal bars, nuts or winders).

