

EAT WELL TO LIVE WELL

Packed Lunch Guidance

Encouraging our children and young people to eat healthily is one of the biggest challenges facing Scotland today. From fast food to fizzy drinks, too many of our youngsters have a diet that falls short of the national recommendations and is less healthy than the diet of youngsters in other European countries.

The Schools (Health Promotion & Nutrition) (Scotland) Act 2007 aims to help young people eat healthily during the school day and beyond. Cordia (Services) LLP supports Glasgow City Council Education Services to meet the requirements of the Act by providing healthy food and drink in schools to encourage Glasgow's young people to make the right choice in order to maintain a healthy lifestyle.

SO WHAT CAN PARENT/CARERS DO?

As parents/carers you play an important role in the promotion of healthy eating and in the choices your child makes. You can help by providing packed lunches that supports the regulations schools must comply with.

This leaflet is intended to provide support and guidance when deciding what to include in a packed lunch or as a snack to help you meet the act.

FOOD CHOICES AND RECOMMENDED PORTION

Packed Lunches

FOOD TO INCLUDE	PORTION SIZE	RECOMMENDATION
Bread/rolls	2 slices/1 roll	Include a variety of breads and rolls: wholemeal bread, brown roll, baguette, wrap, pitta.
Pasta/rice salad	140g	Instead of a sandwich try a salad: tuna pasta, chicken & rice.
Spreads	Spread thinly	Only use polyunsaturated and/or monounsaturated spread.
Fillings - meat, fish and egg	56g	Choose from a variety of lean beef, ham, turkey, chicken, tuna, salmon or egg.
Fillings - cheese	28g	Use lower fat and sodium cheeses.
Dressing	1 Rounded teaspoon	Use low fat/sodium mayonnaise. Alternatively for a healthier dressing, mix with low fat natural yoghurt.
Fruit and vegetables	40g-80g	Include two portions: carrots, peppers, cucumber, raisins, grapes and banana.
Yoghurt/fromage frais	125g/60g	Choose fruit based lower fat and sugar varieties.
Water	250ml	Plain water is kinder to teeth.
Milk	200ml	Plain semi-skimmed milk is kinder to teeth.
Fruit juice	200ml	Make sure it is pure unsweetened juice.
Snack	25g	Cracker, rice cake, oatcake and bread stick.
Home baking	28g	Fruit muffin, pancake, plain biscuit, fruit scone, banana loaf and fruit loaf.

Why not try?

**Gammon salad
wholemeal sandwich
Tub of pineapple chunks
Fromage frais
Bottle of plain water**

**Savoury cheese wrap
Cherry tomatoes
Banana
Fruit muffin
Pure unsweetened fruit
juice**

**Tuna pasta salad
Cucumber sticks
Small box raisins
Banana loaf
Bottle of plain water**

**Chicken salad mini
pitta
Pear
Fruit yoghurt
Plain semi-skimmed
milk**

**Turkey crusty roll
Salad tub
Satsuma
Pancake
Plain semi-skimmed milk**

SNACK

When including a snack as part of the lunch or at morning break, make it a healthier choice – check the nutritional information that is included on the product label.

Look at the label

Look at the labels and go green, this will identify low fat, low sugar and low sodium items.

Check how much fat, sugar and salt is in your food.



Remember that the amount you eat of a particular food affects how much sugar, fat, saturates and salt you get from it.

Food Shopping Cart

	Sugars	Fat	Saturates	Salt
What is HIGH per 100g	over 15g	over 20g	over 5g	over 1.5g
What is MEDIUM per 100g	between 5g and 15g	between 3g and 20g	between 1.5g and 5g	between 0.3g and 1.5g
What is LOW per 100g	5g and below	3g and below	1.5g and below	0.3g and below

For further information visit:
www.eatwell.gov.uk/healthydiet/eatwellplate/

YOUR COMMENTS ARE IMPORTANT TO US

We hope that you find the information provided helpful. If you need further guidance please feel free to contact us at, contactus@cordia.co.uk

For more detailed information contact the project helpline on 0141 353 9237