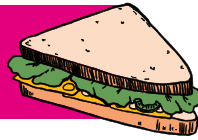




**SUGAR
SMART**

Healthy lunchbox

Healthy lunchbox



Choose an item of food from each section

Carbohydrates

- Wholemeal bread roll
- Crackers
- Oatcakes
- Zebra sandwich (1 slice brown bread/1 slice white)
- Tortilla wrap
- Savoury scone
- Wholemeal pitta bread
- Bread sticks
- Potato salad
- Bagel

Protein

- Chicken slices
- Hard boiled egg
- Kidney beans mashed with a little French dressing
- Prawns (defrosted and dried on kitchen paper and placed in a pot)
- Roast meat leftovers
- Salmon or tuna
- Sliced ham
- Smooth peanut butter

Dairy and alternatives

- Natural yoghurt
- Soft cheese spread
- Cream cheese
- Fortified soya yoghurt
- Cup of milk
- Custard in a small pot
- Edam cheese, cubed
- Grated/sliced cheddar cheese
- Cottage cheese
- Rice pudding in a small pot
- Fromage frais in a small pot

Fruit and vegetables

- Carrot sticks
- Berries
- Canned fruit in natural juice
- Raw broccoli or cauliflower
- Sugar snap peas
- Dried fruit
- Sweetcorn from a can, drained
- Cherry tomatoes
- Melon wedges or cubes
- Assorted salad leaves
- Fruit salad in a pot
- Banana
- Roasted vegetable salad
- Apple wedges
- Pepper sticks
- Grapes cut into quarters
- Kiwi fruit
- Nectarine, plum, pear
- Watercress
- Clementine
- Cucumber