



Healthy Workplace

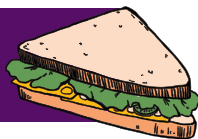
Healthy lunch
boost your productivity
at work and take your
lunch break

✉ healthy.workplace@cornwall.gov.uk

🌐 www.behealthyatwork.org

Healthy Cornwall, Basset Centre,
Basset Road, Camborne TR14 8SL

Healthy lunch



Try to avoid:

- Items with pastry
- Sugary drinks
- Crisps, sweets, cake, biscuits and chocolate

Choose an item of food from each section

- Choose foods lower in fat, salt and sugars

Carbohydrates

- Bulgar wheat
- Cous cous
- Crackerbread
- Flat bread
- Granary or wholemeal bread
- Oatcakes
- Noodles
- Plain rice cakes
- Potatoes
- Rye crackers
- Toasted crumpet, English muffin or bagel
- Tortilla wrap
- Wholemeal bread roll
- Wholemeal pasta
- Wholemeal pitta bread
- Wholemeal rice

Protein

- Baked beans
- Chickpeas / Kidney beans
- Eggs (poached, scrambled, hardboiled)
- Falafel
- Houmous
- Lentils
- Mackerel
- Mixed bean salad
- Mixed seeds/nuts
- Prawns
- Quiche
- Quinoa
- Salmon or tuna
- Sardines
- Slices of lean meat
- Tofu / Quorn

Dairy and alternatives

- Fortified soya yoghurt
- Low fat cheese
- Low fat cottage cheese
- Low fat fromage frais
- Low fat greek yoghurt
- Low fat natural yoghurt
- Low fat rice pudding
- Low fat soft cream cheese

Fruit and vegetables

- Apple
- Assorted salad leaves
- Avocado
- Baby sweetcorn
- Banana
- Beetroot
- Blackberries
- Blueberries
- Carrot
- Celery
- Cucumber
- Fresh fruit salad
- Grapes
- Guacamole
- Kiwi fruit
- Mange tout
- Mango, melon or pineapple
- Mushrooms
- Nectarine, plum or pear
- Olives
- Orange, clementine or satsuma
- Peach
- Pepper
- Raisins / sultanas
- Raspberries
- Raw / steamed broccoli or cauliflower florets
- Roasted vegetables
- Spinach, watercress, rocket
- Strawberries
- Sugar snap peas
- Tinned fruit in natural juice
- Tinned sweetcorn
- Tomato salsa
- Tomatoes