



weightwise



fact sheet

three

# Packed lunches

Whether you are at school or college, or in a full or part-time job, you will need to fuel up during the day.

There may be a canteen or café nearby. If so, great! If not, why not **PACK & GO?**



## Getting started:

- Think about the set up at school, college or work: is there a microwave/toaster available?
- Would you prefer hot or cold food?
- How hungry are you likely to be? Will you need to pack extra for snacks?



# Packed

## TOP TIPS TO A

Choosing a healthy **PACK & GO** lunch

### Choose something from the FRUIT and VEGETABLES GROUP

**Examples:** Try some salad, lettuce, tomato or cucumber in a roll or sandwich. Add salad or vegetables to your rice or pasta, such as sweetcorn, peppers or peas. Have cherry tomatoes, carrot and celery sticks, or chunks of cucumber on the side.

#### WHY?

Fruit and vegetables are not only packed with essential vitamins and minerals, they also provide you with antioxidants, energy and fibre.



### Choose something to drink

**Examples:** Water, fruit smoothie, pure fruit juice, sugar-free squash and fizzy drinks and flavoured waters. Or tea (regular or fruit), coffee, low-fat chocolate or malted drinks if you want something hot.

#### WHY?

Your body needs fluids to keep it hydrated. This means drinking around 6-8 glasses, cups or mugs of fluid per day - more if it's hot or you're very active. Drinking plenty helps you to concentrate, prevents headaches and can help you go to the toilet easily.



### Choose something from the MEAT, FISH, EGGS, BEANS, PULSES and NUTS GROUP

**Examples:** Cold meat (sliced or cubed lean meat, chicken strips or satay sticks), tuna, salmon or prawns. Try adding to pasta or rice, or as a sandwich filling.

If you're not a meat or fish eater, or you fancy a change, try boiled eggs, whole or chopped, and mixed with a low-fat mayonnaise. Houmous or peanut butter are great in a wrap or pitta bread, especially with grated carrot. Try kidney beans, a handful of mixed nuts or chick peas in a pasta salad, or a mixed bean salad with rice.

#### WHY?

These different foods provide the body with protein, in addition to vitamins and minerals. All of these are very important for growth, muscle and bone development, especially during teenage years.



# lunches

## SMART LUNCH

is simple if you follow the steps below:

### Choose something from the BREADS, POTATOES and other CEREALS GROUP

**Examples:** Bread: wholemeal/multigrain, rolls, pitta, bagel, French stick, matzo, crispbreads and crackers, rice cakes, Scotch pancakes, oatcakes, English muffins and tortilla wraps. Try pasta, rice or potatoes (tasty hot and cold).

#### WHY?

These foods are filling and provide your body with energy and vital nutrients.



### Choose something from the MILK AND DAIRY GROUP

**Examples:** Milk, cheeses such as Cheddar, Edam, cheese triangles, or other mini cheeses, low-fat or light, soft cheeses, cottage cheese plain or with pineapple chunks, low-fat fruit yogurts, or fromage frais, drinking yogurts and pots of custard or rice pudding. Calcium-fortified soya drinks and yogurts are dairy-free alternatives.

#### WHY?

Dairy foods provide the body with calcium. During teenage years, bones grow quickly and require lots of calcium. Too little calcium puts you at risk of weaker bones as an adult. Dairy foods can also provide Vitamin D, which is also needed for strong bones.



### Foods high in FAT and/or SUGAR

**Examples:** Small bags of crisps or savoury snacks, flapjacks, gingerbread, mini muffins, chocolate mini rolls, fun-sized chocolate bars, chocolate-covered biscuits and mini doughnuts.

It's OK to include a small amount of these foods in your packed lunch, provided you get the balance right.



# Want some ideas for **GRAB & GO LUNCHEs?**

Don't forget - be SMART and USE  
THE FOOD GROUPS to guide you

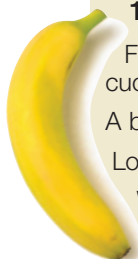
## 1 large pitta bread

Fill with strips of chicken, lettuce,  
cucumber and cherry tomatoes

A banana

Low-fat fruit yogurt

Water



## Cooked pasta swirls

Mixed with canned tuna - add some  
sweetcorn and light mayonnaise

A kiwi fruit

Mini cheese portion

Flavoured low-fat milkshake



## Bagel

Spread with light soft cheese and  
slices of cucumber

Handful of mixed nuts

Apple

Pure fruit juice



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