

Dinnington First School lunches:

- ### Eatwell Guide
- Check the label on packaged foods
- | | Serving (100g) contains | | | |
|---------|-------------------------|---------|---------|---------|
| Energy | 140kcal | 140kcal | 140kcal | 140kcal |
| Fat | 0.0g | 1.0g | 2.0g | 0.0g |
| Salt | 0.0g | 0.0g | 0.0g | 0.0g |
| Sugar | 0.0g | 0.0g | 0.0g | 0.0g |
| Fibre | 0.0g | 0.0g | 0.0g | 0.0g |
| Protein | 0.0g | 0.0g | 0.0g | 0.0g |
- off set and is the reference intake
Typical values (see table) per 100g (3.5 fl. oz.)
- Choose foods lower in fat, salt and sugars
- Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.
- Water, lower fat milk, sugar-free drinks including tea and coffee will count.
Limit fruit juice and/or smoothies to a total of 150ml a day.
- Choose wholegrain or higher fibre versions with less added fat, salt and sugar.
- Choose lower fat and lower sugar options.
- Choose unsaturated oils and use in small amounts.
- Per day 2000kcal 2500kcal - ALL FOOD + ALL DRINKS

Packed lunch



Thanks to Jamie Oliver school dinners have radically changed and all children receive a balanced healthy diet at lunch time.

We need to make sure packed lunchboxes also provide a balanced diet that is not high in sugars and saturated fats.

What to include in a healthy lunchbox:

- Starchy foods – bread, rice, potatoes, pasta
- Protein foods – meat, fish, eggs
- A dairy item – cheese or yoghurt
- Vegetables or salad
- A portion of fruit

Ideas

Packed lunches do not need to be boring, instead of a sandwich everyday try bagels, pitta bread, wraps.

Try using brown, wholemeal or seeded breads.

Children may like to try finger foods such as chopped up vegetables, breadsticks, wholemeal crackers.

Replace chocolate bars and cakes with different fresh fruit.



