



CORSTORPHINE PRIMARY SCHOOL

PACKED LUNCH PORTION GUIDE

A balanced, nutritious packed lunch should provide foods from the following our groups, we have also outlined why these food groups benefit your children.

STARCHY FOODS (Cracking Carbs)

Including rice, pasta, noodles, bread, couscous, wraps, pitta, potatoes, naan and chapati, where possible choose wholegrain varieties. These foods provide carbohydrates to give your child energy.

FRUIT AND VEGTABLES

Fresh, frozen, dried or canned. Include 2 portions in your child's lunch box. These foods provide vitamins and minerals to help protect against illness.

PROTEIN

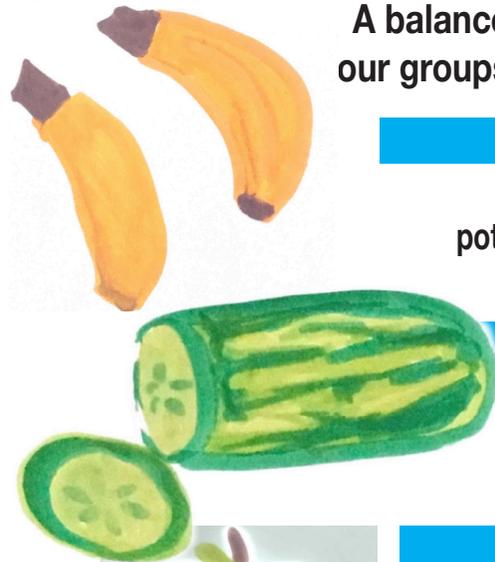
Including fish (especially oily), eggs, beans, tofu, good quality meat, pulses, quinoa, legumes and dairy. These foods provide protein, iron and zinc, essential for building, maintaining and repairing the tissues in our body. Oily fish are also essential for healthy brain, eye and nerve development.

MILK AND DAIRY (Bone boosters)

Including milk, cheese, fromage frais, yoghurt. These foods are a good source of calcium maintaining strong bones and teeth. If using dairy alternatives e.g. soya yogurt or milk, choose unsweetened and products fortified with calcium.

DRINKS

Water is the best choice. Being hydrated helps with concentration and physical performance in school.



Pictures drawn by Corstorphine SNAG One Planet Group



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PACKED LUNCH TIPS

- * Vary lunchbox contents for a good balance of nutrients.
- * Read food labels. Look out for sugar levels (over 10g per 100g is very high). Low fat items are often high in sugar.
- * Desserts, cakes, sweets, biscuits and crisps: These are high in saturated fats, sugar and salt, too much of these foods can be harmful to your health.
- * Limit confectionery such as chocolate, sweets or cereal bars to help protect your child's teeth. Healthier treats include malt loaf, fruit bread, banana cake, scones, cakes made with vegetables, natural yoghurts with fresh fruit or/and seeds.
- * Look out for colour coded nutrition information on the front of packets. Remember the more green(s) on the label, the healthier the choice.
- * Try to avoid heavily processed foods. Does the ingredient list sound like a chemistry lesson, if YES avoid.
- * Freeze a drink to act as a cool pack and it will melt back in time for lunch!
- * Make your own individual bags of mixed dried fruit, cheaper than individual purchased packs.
- * Replace salty snacks such as crisps with plain breadsticks, oatcakes or crackers.
- * Buy quality meat. Look at the meat content in processed meats. Is there added sugar (also known as dextrose etc.)
- * Adding herbal tea bags or fruit(fresh/frozen) to water can add flavour to water instead of diluting juice.
- * Seasonal fruits and vegetables add colour, texture and are often cheaper and tastier.

Links to seasonal fruit and vegetables can be seen here:

<http://www.greenerscotland.org/eating-greener/in-season-food-calendar>

<https://foodanddrink.scot/resources/seasonality-calendar/>

Healthy packed lunch ideas can be found here:

www.letsgetcookingathome.org.uk/get-cooking/perfect-packed-lunches

www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration

www.nhs.uk/change4life/recipes/healthier-lunchboxes

Information on healthy eating and portion sizes can be found here:

https://www.nutrition.org.uk/attachments/article/1193/Find%20your%20balance_%20full%20portion%20size%20list.pdf

<https://www.foodstandards.gov.scot/consumers/healthy-eating/eatwell>

