Make yourself a balanced tasty lunch

Starchy foods

Use these as the base of your lunch to keep your energy levels up!

- Sliced wholemeal, granary, rye or white bread
- Wholemeal, crusty or soft rolls
- Pitta breads
- Crispbreads, Crackers, Chunks of bread, Crumpets
- Bagels, Baguette, Chapattis
- Breakfast muffins
- Naan breads
- Cooked pasta, Rice, Potato
- Wraps, Flatbreads, Oatcakes

Protein

Add one of these to your sandwich, wrap or salad.

- Salmon, tuna, mackerel or sardines
- Quorn
- Peanut butter
- Hummus
- Cheese - any type
- Cream cheese or cheese spread
- Low fat meat or fish pate
- Ham, chicken, turkey or beef
- Boiled egg
- Beans
- Dahl/lentils
- Prawns

Vegetables and fruits

Have as many of these as you like (at least 2 portions).

- Tomatoes
- Lettuce
- Cucumber
- Carrot
- Sweetcorn
- Sliced peppers
- Radish
- Cress
- Celery
- Spinach
- Peas
- Mushrooms
- Apples
- Pears
- Bananas
- Oranges
- Satsuma
- Kiwis
- Pineapple
- Grapes
- Melon
- Strawberries
- Plums
- Fruit in juice

Sources of calcium

For healthy bones aim for a portion with each lunch.

- Cheddar or other hard cheese
- Cottage cheese
- Yoghurt
- Fromage frais
- Small rice pudding
- Custard
- Cup of milk

Drinks include a drink.

- Water
- Milk