## Look at the label

Look at the labels and go green, this will identify low fat, low sugar and low sodium items.

## PRCK=D LUNCH Guidance

## What Education Services do

Promoting healthy eating to children and young people in Scotland is extremely important, but we know as a parent/carer it can be difficult to find the right balance. That's why we've created this leaflet. Inside you will find some ideas and guidance on healthy packed lunches to help ensure your children gets the nutrition they need.

## What Cordia do


#### Abstract

We support Glasgow City Council Education Services to meet legislation on healthy eating in schools. To do this we are committed to providing healthy food and drink in schools to encourage Glasgow's children to make the right choices in order to maintain a healthy lifestyle.


## What you can do

As parents/carers you can play an important role in promoting healthy eating to your children. You can help to do this by providing packed lunches that support the nutritional legislation set out in schools.

## YOUR COMMENTS ARE IMPORTRNT TO US

We hope that you find the information provided helpful. If you need further guidance please feel free to contact us at, contactus@cordia.co.uk or educationcommunications@glasgow.gov.uk For more information contact the project helpline on 01413539237

## FOOD CHOIGES AND RECOMMENDED PORTIONS

| FOOD AND DRINK TO INCLUDE | PORTION SIZE | RECOMMENDPTION |
| :---: | :---: | :---: |
| Bread/rolls | 2 slices/1 roll | Include a variety of breads and rolls: wholemeal bread, brown roll, baguette, wrap, pitta. |
| Pasta/rice salad | 140 g | Instead of a sandwich try a salad: tuna pasta, chicken and rice. |
| Spreads | Spread thinly | Only use polyunsaturated and/or monounsaturated spread. |
| Fillings - meat, fish and egg | 56 g | Choose from a variety of lean beef, ham, turkey, chicken, tuna, salmon or egg. |
| Fillings - cheese | 28 g | Use lower fat and lower sodium cheeses. |
| Dressing | 1 Rounded teaspoon | Use low fat/sodium mayonnaise. Alternatively for a healthier dressing, mix with low fat natural yoghurt. |
| Fruit and vegetables | 40g-80g | Include two portions: carrots, peppers, cucumber, raisins, grapes, and banana. |
| Yoghurt/fromage frais | 125g / 60g | Choose fruit based lower fat and sugar varieties. |
| Water | 250 ml | Plain water is kinder to teeth. |
| Milk | 200 ml | Plain semi-skimmed milk is kinder to teeth. |
| Fruit juice | 200 ml | Make sure it is pure unsweetended juice. |
| Snack | 25 g | Cracker, rice cake, oatcake and bread stick. |



## Snock Choices

Fresh fruit or tinned fruit in natural juice
Breadsticks / Low fat cheese portion
Vegetable sticks and yoghurt dip/hummus or cottage cheese

Unsweetened cereal
Rice cakes with lower - fat cream cheese

