## More tips

### **Vegetables & fruits**

Include brightly coloured vegetables and fruits every day to boost fibre.

- Try vegetable sticks (carrot, sweet pepper, cucumber, broccoli florets) with hummus or salsa dip
- ✓ Prepare fruits so that they are ready-to-eat and place in small containers so they stay fresh
- ✓ Fruit cups or apple sauce snacks are convenient alternatives

### **Beverages**

- ✓ Water
- ✓ Skimmed or soy milk
- √ 100% fruit juice
- ✓ Coconut water
- ✓ Smoothies made with skimmed milk or low fat yogurt

#### **Sweets & snacks**

Having a healthy lunch does not mean giving up all the treats children enjoy. Add a slice of cassava pone, coconut or banana bread, a small pack of chips or cookies if desired.

Read Nutrition Facts labels when buying treats and choose items less than 100 calories per serving

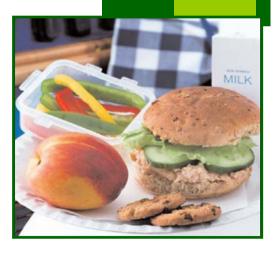
### The Caribbean Food Groups

FOOD GROUP	EXAMPLE FOODS
STAPLES	Oats, rice, pasta, corn, cou-cou, bread, biscuit, English potato, sweet potato, yam, breadfruit, cassava, plantain, green banana
LEGUMES & NUTS	Dried peas & beans, nuts, nut butter, soy milk, soy granules & chunks, tofu, bean dips like hummus
FOODS FROM ANIMALS	Meat, chicken, turkey, fish (including canned fish), eggs, milk, yogurt, cheese
FRUITS	Banana, pawpaw, mango, orange, guavas, cherries, soursop, golden apple, grapefruit, pineapple - fruit can be fresh, frozen or canned
VEGETABLES	Spinach, broccoli, cabbage, pumpkin, string beans, carrots, squash, lettuce, cucumber, tomato - vegetables can be fresh, frozen or canned
FATS & OILS	Bacon, butter, margarine, vegetable oil, gravy, mayonnaise, avocado pear, coconut, linseed & other seeds
	Sweets are also included in this group

National Nutrition Centre 2019 MOTHER & CHILD NUTRITION SERIES

# Packed Lunches

Healthy Foods for Children & Young People



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### **Packed Lunches**

A well-balanced packed lunch for children and young people should supply energy and nutrients for the afternoon's activities. A nutritious packed lunch includes a variety of foods from the **Caribbean Food Groups** (see chart overleaf).

Remember to choose foods high in fibre and low in fat, salt and sugar.

In order to save time and increase acceptance when trying new foods, involve children in the selection and preparation of the meal. Some items can be prepared the evening before.

### Food safety for packed lunches

The general rule to prevent food-borne illnesses is to keep hot foods hot and cold foods cold.

Flasks, ice packs and insulated containers should be used to help keep foods at safe temperatures.



### **Monday:**

- Multigrain bread
- Sliced chicken breast, lettuce & tomato
- Skimmed milk
- Strawberries & grapes
- Mini muffins
- Water



### **Tuesday:**

- Whole grain wrap
- Low fat cheese, lettuce
   & tomato
- Low fat yogurt
- Grapes
- Small pack plain chips
- 100% fruit juice
- Water

### Wednesday:

- Tuna pasta salad with sweet pepper & cherry tomatoes
- ◆ Skimmed milk
- Banana & raisins
- Slice of coconut bread
- Water





### Thursday:

- Whole wheat bun
- Egg, lettuce & tomato
- Yogurt smoothie
- Fruit cup & grapes
- Chocolate cookie
- Water



### Friday:

- ♦ Whole grain wrap or roti
- Chicken & chick pea curry
- Low fat yogurt
- Melon balls & tangerine
- 100% fruit juice
- Water

