**Healthy packed lunches**

**99 out of every 100 packed lunches being eaten by primary school children are reported to be unhealthy and failing to meet nutritional standards.**

A healthy packed lunch should include:

* A source of protein, for example turkey slice or chicken.
* A starchy carbohydrate preferably wholegrain, for example, a wholegrain sandwich or wrap, to provide energy to concentrate and work hard during school.
* At least one portion of fruit and vegetable. They make your lunch appealing to the eye due to their vibrant colours and are nutrient dense.
* As for a drink, water is above all, the best choice. One can also opt for fruit juices (freshly squeezed) or fruit smoothies.

A healthy packed lunch should **not** include:

* Food high in sugar like chocolate, sweets or cereal bars.
* Snacks like crisps or any other type of packet, which are high in saturated fat, salt and also sugar.
* Food full of added, artificial preservatives and colouring.
* Deep-fried foods which are drenched in oil.
* Processed meat like ham. Studies have found that any type of processed food is carcinogenic.
* White bread. One should opt for wholegrain bread rather than white bread as wholegrain bread is rich in fibre and contains all the beneficial nutrients.
* Sugary and fizzy drinks as these are high in sugar which can lead to tooth decay and diabetes.



