

Healthy Lunch Box Ideas

- Are you bored of eating the same thing for lunch every day?
- Need some inspiration for making a cheap, tasty, and nutritious lunch for work or school?
- Are you including some of your 5 a day in your lunch box?
- Have a look inside for some new ideas to make lunch time more interesting....



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- Bagel with tinned salmon, low fat cream cheese & cucumber
- Apple & sultanas
- Plain biscuit
- Water

- Slice of mixed vegetable & cheese pizza (cold)
- Mixed salad with olives
- Pear (or a piece of fruit in season)
- Small carton/ bottle of pure unsweetened fruit juice



- Turkey & cranberry wholegrain roll
- Celery stick filled with low fat soft cheese
- Kiwi fruit and tangerine
- Water



- Lean ham, egg and potato salad (using low fat dressing)
- Small pot of rice pudding
- Cupped hand of dried apricots
- Small carton/ bottle of pure unsweetened fruit juice



- Slice of quiche
- Green salad
- Plain popcorn
- Small fruit smoothie



- Tuna and pasta salad with canned tuna, chopped peppers and a little olive oil and lemon juice
- Banana
- Handful of raisins
- Slice of flapjack
- Carton of semi-skimmed milk





- Tortilla wrap with mixed beans, grated cheese, lettuce and a little soured cream
- Handful of grapes
- Fruit fromage frais
- Small packet of crisps
- Carton of apple juice

- Wholegrain crackers with reduced fat cheddar cheese and pickle
- Cherry tomatoes
- Apple
- Handful of raisins
- Carton of tropical fruit juice



- Couscous salad with grilled chicken, chopped peppers and sultanas
- Small tub of fruit cocktail in juice
- Fruit fromage frais
- Bottle of water



Thanks for the information provided by the Community Development Dieticians from the North Wales NHS Trust