

## Look at the label

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



# PACKED LUNCH Guidance



## Food shopping card

Check how much fat, sugar and salt is in your food.



Remember that the amount you eat of a particular food affects how much sugar, fat, saturates and salt you get from it.

	Sugars	Fat	Saturates	Salt
What is <b>HIGH</b> per 100g	over 15g	over 20g	over 5g	over 1.5g
What is <b>MEDIUM</b> per 100g	between 5g and 15g	between 3g and 20g	between 1.5g and 5g	between 0.3g and 1.5g
What is <b>LOW</b> per 100g	5g and below	3g and below	1.5g and below	0.3g and below

## 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

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.

## FOR FURTHER INFORMATION VISIT

<http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx>

## YOUR COMMENTS ARE IMPORTANT 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](mailto:contactus@cordia.co.uk) or [educationcommunications@glasgow.gov.uk](mailto:educationcommunications@glasgow.gov.uk)

For more information contact the project helpline on 0141 353 9237



cordia  
INSPIRED TO SERVE



# FOOD CHOICES AND RECOMMENDED PORTIONS

FOOD AND DRINK TO INCLUDE	PORTION SIZE	RECOMMENDATION
Bread/rolls	2 slices/1 roll	Include a variety of breads and rolls: wholemeal bread, brown roll, baguette, wrap, pitta.
Pasta/rice salad	140g	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	56g	Choose from a variety of lean beef, ham, turkey, chicken, tuna, salmon or egg.
Fillings - cheese	28g	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	250ml	Plain water is kinder to teeth.
Milk	200ml	Plain semi-skimmed milk is kinder to teeth.
Fruit juice	200ml	Make sure it is pure unsweetened juice.
Snack	25g	Cracker, rice cake, oatcake and bread stick.

## Why not try?

*Turkey salad wholemeal sandwich  
Bunch of grapes  
Fruit yoghurt  
Bottle of water*

*Chilli chicken salad wrap  
Banana  
Fromage frais  
Pure unsweetened fruit juice*

*Tuna pasta salad  
Sliced mixed pepper sticks  
Natural yoghurt  
Apple  
Bottle of water*

*Gammon salad mini pitta  
Satsuma  
Rice cake  
Plain semi-skimmed milk*

*Cheese baguette  
Cherry tomatoes  
Plum  
Plain semi-skimmed milk*

## Snack 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*

