

Examples of what you could give your child for a healthy packed lunch



Useful websites;

<https://www.nhs.uk/change4life-beta/recipes#rSqagPJPhdoPhx1.97>

Look at the game on foodafactoflife

<http://www.foodafactoflife.org.uk/Activity.aspx?contentId=56§ionId=61&siteId=14>

Change for life-NHS live well - <http://www.nhs.uk/Livewell/childhealth6-15/Pages/Lighterlunchboxes.aspx>

Food per 100g	Fat (g)	Saturated fat (g)	Sugar (g)	Salt (g)
Kellogs Coco Pops	12g	9g	42g	0.53g
Carrot sticks	<0.5g	<0.1g	4.1g	0.06g
Kit Kat	24.5g	14g	51.6g	0.2g
KP Hula Hoops	24g	2.5g	<0.5g	1.8g
Mr Kipling Angel Slice	18.2g	6.1g	39.2g	0.57g
Pineapple chunks	<0.5g	<0.1g	9.8g	<0.01g