

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

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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.



## Lunchbox ideas

### Monday:

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



### 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

