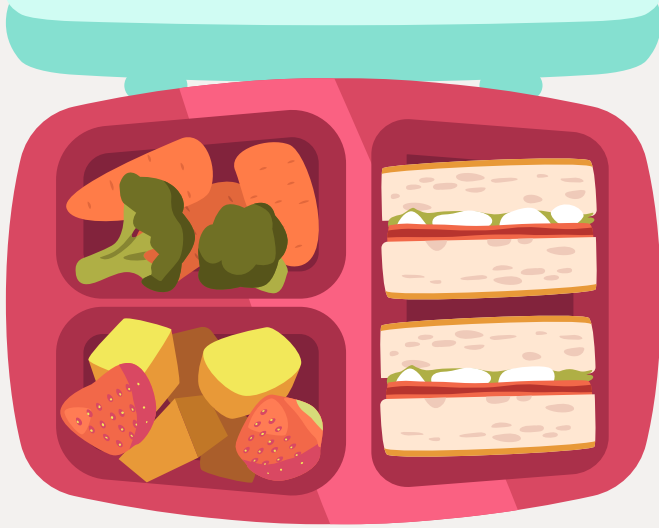


Together let's make Lunch Boxes Healthy



Be Food Smart and make healthy choices

Include at least fruit or vegetables, as part of your five-a-day.

Colourful vegetables and fruit provide vitamins and antioxidants to help keep brain cells healthy and improve memory function

Swap white carbohydrates such as bread, wraps and pasta for whole-meal versions.

A source of vitamin B and glucose, which are not only good for our nervous system but also provide a source of energy

Swap full fat dairy options for reduced / low fat alternatives.

These foods contain vitamins, protein and carbohydrates, which help the growth of brain tissue

Include protein, such as eggs, pulses, seeds and fish.

All these foods will help with brain function, improving mental skills and memory development, whilst maintaining energy and focus.

Try to avoid foods which are high in sugar and salt, which can negatively affect learning and memory.

Drink plenty of water and include a refillable water bottle to keep hydrated throughout the school day.

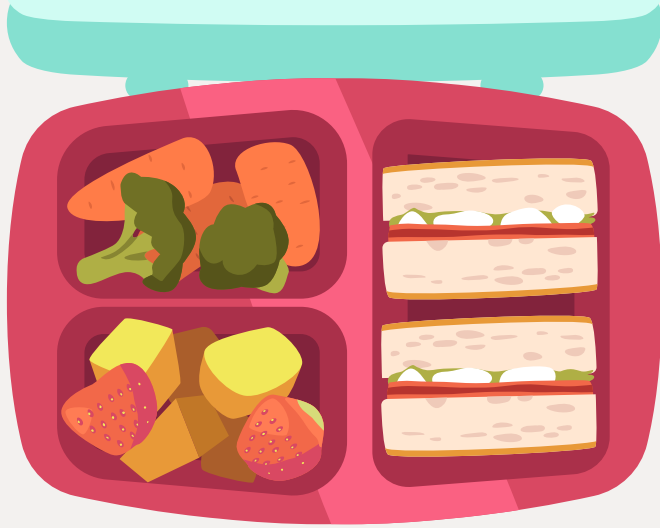


Visit [NHS Better Health](#), Healthier Families for recipes and further guidance



WORKING IN PARTNERSHIP WITH
HEALTHY SCHOOLS
CAMBRIDGESHIRE & PETERBOROUGH

Together let's make Lunch Boxes Healthy



Be Food Smart and make healthy choices

Include at least fruit or vegetables, as part of your five-a-day.

Colourful vegetables and fruit provide vitamins and antioxidants to help keep brain cells healthy and improve memory function

Swap white carbohydrates such as bread, wraps and pasta for whole-meal versions.

A source of vitamin B and glucose, which are not only good for our nervous system but also provide a source of energy

Swap full fat dairy options for reduced / low fat alternatives.

These foods contain vitamins, protein and carbohydrates, which help the growth of brain tissue

Include protein, such as eggs, pulses, seeds and fish.

All these foods will help with brain function, improving mental skills and memory development, whilst maintaining energy and focus.

Try to avoid foods which are high in sugar and salt, which can negatively affect learning and memory.

Drink plenty of water and include a refillable water bottle to keep hydrated throughout the school day.



Visit [NHS Better Health](#), Healthier Families for recipes and further guidance

