

me sized meals

When we eat more than our bodies need, it turns to stored fat.

We need

Me Sized Meals.

This lunch box highlights what foods and how much should be included for children aged 4 - 11.

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East Sussex Healthcare NHS Trust



It's all too easy to fall into the trap of giving kids portions that are too big for them these days. Everything seems to be getting bigger – cans and bottles of fizzy drink, pizzas, bags of crisps, even plates seem to be getting bigger and bigger!

So it's really important to think about how much you're putting in your kids lunch boxes, so they don't just end up with the same

amount of food as an adult does. When they eat more than their bodies need, it converts to stored fat in their bodies.

The guide below gives you an idea of exactly how much should be included in your kids lunch box and what sort of foods you should include.

Lunch Box Items →	A Sandwich/ Pasta Salad	Fruit and Vegetables	Dairy	Drink	A Treat
What you could include →	Wholemeal or 'best of both' bread, roll, wrap, pitta, bagel, potatoes, rice, pasta, couscous – with lean ham, chicken, beef, egg, tuna, salmon, cheese, houmous beans/lentils – with plenty of fruit, vegetables or salad.	Apple, banana, dried fruit, grapes, kiwi, mango slices, melon, orange, pear, plums, tinned fruit in juice. Carrots, cherry tomatoes, cucumber sticks, pepper sticks.	Yoghurt, fromage frais, cheese, cheese dip, drinking yoghurt, milk based smoothie.	Water, fruit juice diluted with water, sugar free cordial, sparkling water flavoured with sugar free cordial.	Extra fruit, cheese scone, teacake, malt loaf, banana bread, fruit muffin, oat flapjack, baked samosa, plain breadsticks with houmous or tzatziki, dried fruit such as apricots, dates, figs or raisins.
This provides →	Starchy carbohydrates for energy, protein for growth.	Fibre, vitamins and minerals for health and wellbeing, 2 of their 5 A DAY.	Calcium for strong bones, vitamins and minerals for health.	Fluid to maintain body hydration.	Variety and appeal.
How much? →	One sandwich (two slices of bread from a normal sized loaf), one medium pitta pocket, one wrap or two dessert spoons of rice or pasta.	Two different fruit or vegetable portions. A portion equals one child sized handful.	A 125g pot of yoghurt or a small matchbox sized piece of cheese. If you use non dairy alternatives ensure they are calcium enriched.	Drink one glass of water with your lunch and aim to drink eight glasses a day.	One small portion of a different treat once a week.