

## FOOD FACTS



Sugary sweetened drinks fill you up and contain very little goodness.



Children eat too many foods that are high in fat, sugar and salt. Food manufacturers market these products to appeal to children, their labels can be misleading and confusing.



Processed food is treated to extend its shelf-life and usually contains high levels of fat, sugar and salt. **SO ALWAYS CHECK THE LABEL!**



High sugar foods are converted into glucose faster giving a sudden increase in blood glucose (the body's fuel supply), which is controlled by releasing a hormone called insulin. Insulin brings the glucose levels under control and blood sugar drops very quickly, leaving children feeling tired and unable to concentrate on their lessons.



A lunch that contains foods such as wholemeal breads, pasta or rice, with fresh fruit and salad/vegetables will help your child to keep blood sugar levels constant which in turn will help him/her to concentrate for longer and do better at school.



## WHATS IN YOUR SNACK?

There are 43 teaspoons of sugar in a 225g bag of jelly babies.



A can of coke contains nine teaspoons of sugar.

An average chocolate bar contains about six teaspoons of sugar.

### Here's how to work out how much sugar is in your favourite snack

There are 4 grams of sugar in a teaspoon. Read the label and look for the word sugar, sometimes you will see carbohydrate or energy instead because some food manufacturers don't really want you to know how much sugar there is in their product so they try to disguise it.

Example:

40g of sugar per 100g = 10 teaspoons of sugar

If the product weight is 150g

40g divided by 100 = 0.4

0.4 times by 150 = 60

60 divided by 4 = 15 teaspoons of sugar

**Produced by Sandwell Food Team**  
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# Eatwell in Sandwell



## Making healthier choices



### TOP TIPS FOR HEALTHY LUNCHBOXES



Sandwell **NHS**  
Primary Care Trust

# TOP TIPS FOR A HEALTHY LUNCHBOX



Pick low-fat fillings. Lean meats, fish, cottage cheese, edam, mozzarella or sliced banana.



Try chopping up different fruit to make a fresh fruit salad. You could include a small box of raisins or a mini can of fruit in juice.



Instead of fizzy drinks that are high in sugar try to include unsweetened fruit juices made from concentrate, flavoured bottled water, dilute pure juice with water, lassi or yoghurt drinks.



Cut down on crisps, which are high in fat, and choose plain popcorn, breadsticks or dried mixed fruit (without added sugar) instead.



Replace cakes, chocolates and biscuits with scones, currant buns and fruit bread.



Include some vegetables, such as cherry tomatoes, sticks of carrot, cucumber, celery and peppers. Remember to include salad in sandwiches. Why not try a mixed salad instead of a sandwich?



Make lunches more interesting by choosing a variety of foods, it is important to give children all the nutrients they need to grow and be healthy.



# IDEAS FOR PACKED LUNCHES

Children love to have a go at making their own sandwiches so get them involved.

## Breads and alternatives

Offer a variety of breads such as; pitta, best of both, wholemeal, bagles, tortillas, naan and chapatti, crispbreads, cheese scones, plain scones.



## Vegetarian options

Cheese and chopped apple; cheese and onion; cheese and chives; cheese and chutney; cheese and tomato; cheese and celery; cheese and chopped bacon (as long as it is grilled); Low fat soft cheese; cottage cheese; egg salad; banana.



## Meat options

Lean ham and salad; chicken and salad; chicken and coleslaw; chicken and grapes (mixed with a little low fat mayonnaise and a pinch of curry powder); chicken tikka salad.



## Fish options

Oily fish eg. salmon and chopped cucumber; tuna and mayonnaise and salad.



For a change from bread any of these fillings can be added to pasta; rice; lentils dhalls or pulses. Spring rolls and somosas. Don't forget to put a fork in the lunch box!

# HEALTHY CHOICES

1

For a balanced meal include fruit such as apple, banana, grapes and small satsumas.



2

Bread sticks are a good alternative to crisps and are low in salt.

3

Malt loaf, scones and fruit bread are good alternatives to high sugary snacks but if you want to include a treat just include a small one.

4

Don't forget to include a drink; water, fruit juice or milk are good choices. In hot weather you could freeze cartons of juice or water, it will have melted by lunch time and will help to keep their lunches cool.



5

Remember to add salads to sandwiches it counts towards 5 a day.

