

Lunch Box ideas

- ✓ Wholemeal pitta pocket or corn tortilla wraps
- ✓ Wholegrain bagels
- ✓ Nairn's oat cakes
- ✓ Brown basmati rice (to make a rice and mixed bean salad)
- ✓ Tins of beans e.g. kidney/borlotti/cannelloni beans
- ✓ Sliced chicken or turkey
- ✓ Tins of salmon, mackerel and sardines
- ✓ Smoked salmon or mackerel
- ✓ Eggs for hard boiling using omega 3-rich Columbus eggs
- ✓ Cottage or cream cheese
- ✓ Guacamole
- ✓ Small pots of hummus
- ✓ Natural yoghurt
- ✓ Lettuce, watercress, beetroot, tomatoes, red onion, red peppers
- ✓ Carrots (for grating and adding to sandwiches, pitta pockets)
- ✓ Vegetables (cut into sticks for dipping) such as carrots, cucumber, peppers, cherry tomatoes, baby corn, celery, broccoli and radishes.



FOOD FOR THE BRAIN

www.foodforthebrain.org

The Food for the Brain Foundation is a registered charity no. 1116438

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**Smart Food Smart Kids
Shopping Guide**

Healthy breakfasts, packed lunches and snacks

To help maintain your child's concentration and energy levels there are three golden rules. If you follow them, you won't go far wrong:

- ✓ **Avoid too much sugar** (found in biscuits, sweets and fizzy drinks) and eat low GL foods like porridge oats, brown rice and wholewheat pasta.
- ✓ **Eat essential brain-boosting fats** found in oily fish like salmon, sardines and mackerel as well as pumpkin seeds.
- ✓ **Eat more fruits and vegetables**, packed with IQ boosting vitamins and minerals.

Put these foods into your shopping basket

Breakfast ideas

- ✓ Low sugar cereals such as Whole Earth cornflakes or Whole Earth "Perfect Balance"
- ✓ Oat porridge such as Whole Earth Porridge Oats
- ✓ Organic cow's milk, soya or rice milk
- ✓ Warburton's Wholegrain or "All in One" bread or Village Bakery rye and gluten free breads
- ✓ Nairn's oatcakes
- ✓ Meridian nut butter
- ✓ No added sugar fruit spreads such as Meridian
- ✓ Low sugar/salt baked beans such as Whole Earth
- ✓ Eggs fortified with omega 3 such as Columbus eggs
- ✓ Mushrooms, tomatoes (for grilling)
- ✓ Low sugar tomato Ketchup e.g Meridian Tomato Ketchup
- ✓ Fruit - to eat fresh or in a smoothie (try berries, plums, apricots, bananas, apples and pears)
- ✓ Natural yoghurt
- ✓ Sesame, flax, pumpkin, sunflower and hemp seeds (for grinding and adding to smoothies, porridge and cereal)
- ✓ Xylitol instead of sugar



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Healthy snack options instead of crisps

- ✓ Nairn's Oat Bakes available in cheese, tomato, garlic and basil or lemon & black pepper
- ✓ Clearspring pumpkin seeds, or roasted snack mix (be careful of choking risk with children under 5)
- ✓ Plain pop corn



Instead of biscuits, sweets and chocolate

- ✓ Nairn's Oat Biscuits available in Mixed Berries, Fruit and Spice or Stem Ginger
- ✓ Fruitus Bars
- ✓ Villages Bakery 4 Seed Bars
- ✓ Small pots fromage fraie or yoghurt (sweetened with fruit, not sugar)
- ✓ Fresh fruit (berries, apple, pear, peach, plum)
- ✓ Dried fruits e.g dried apricots



Instead of deserts

- ✓ Instead of ice cream make lollies made with fruit juice
- For cakes and desserts:
- ✓ Use xylitol or Meridian Apple and Blackcurrent concentrate instead of sugar



Instead of sugary drinks

- ✓ Fruity/herbal teas
- ✓ Fresh apple or orange juice half diluted with water
- ✓ Sugar-free fruit squash such as Meridian Apple and Blackcurrent concentrate diluted with water
- ✓ Fruit smoothies (or make your own with fresh fruit, natural yoghurt, diluted with water, apple juice or milk)

