Guidance on Healthy Lunchboxes

As teenagers, we probably don't think about what we consume and put into our lunchboxes. We may chuck any random food substance at the last minute to catch the bus or to get to school on time. But we should think.

This is an important time for us as we are growing at an extraordinary rate and an unhealthy diet could hinder development. The body needs the *right* energy to function properly. If we fill ourselves with junk food with high calories that don't contain the right vitamins and minerals – this can prove detrimental. The rate of diabetes being diagnosed in all age groups has risen dramatically due to unhealthy lifestyles. One way we could prevent this is by watching what we eat at school break and lunchtimes. This includes what we put in our lunch box.

Here are some tips to guide you on your way to a healthier lunch box and meal times at school:

- if you take a lunchbox to school, take five minutes after your homework or before you go to bed preparing what you put into your lunchbox and avoid the last minute food grabbing panic in the morning;

- make your lunchbox more interesting by including such foods as pasta or wraps for variety, taste and an excuse to have some *vegetables*. Don't forget some fruit as well;

- try different sources of complex carbohydrates such as whole wheat pasta. These are extremely beneficial to the sportsman if there is any activity on at lunchtime or after school;

- see the website suggestions below for more ideas and advice:

  http://www.netdoctor.co.uk/dietandnutrition/lunches.htm

  https://realfood.tesco.com/curatedlist/lunchbox-ideas-for-kids.html

  http://www.eatingwell.com/recipes_menus/collections/healthy_lunch_recipes

  http://www.nhs.uk/Livewell/Goodfood/Pages/Goodfoodhome.aspx

Having the right balance of food is vital as the body and brain must have the right fuel to get through the day. Making your lunchbox exciting but healthy is very easy and doesn't take that much effort to achieve.

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