

Healthy lunches for healthy smiles

How can you fill your child's lunchbox with healthy, filling foods which will keep your child's teeth strong? Try some of these:



Healthy lunchbox plan

Monday

Tuna and sweetcorn pasta salad
Apple slices and plain yoghurt
Water

Tuesday

Egg salad sandwich, carrot sticks & hummus
Satsuma slices and banana
Water

Wednesday

Cheese salad wrap
Plain rice cakes and peanut butter
Water

Thursday

Chicken & potato salad with cherry tomatoes
Apple slices and grapes
Water

Friday

Chickpea vegetable couscous salad
Mixed berries and plain yoghurt
Water

Encourage your child to have any sweet snacks (like fruit and yoghurt) only at mealtimes or at 1 other time of day.

Avoid:

