

## Healthy Lunches

For many, finding time to eat a healthy lunch at work or at home may be even more challenging than finding ten minutes for breakfast. But since we eat about one-third of our daily calories at lunch, it's important to find ways to make that meal nutritious.

Like all balanced meals it's important to try and eat a variety of foods which will give you: carbohydrate for brain fuel, protein for alertness, vitamins and minerals to boost our immune system and calcium for our bones.



**Carbohydrate foods** – bread (wholegrain if possible), wraps, pitta bread, rice cakes, bread sticks, crackers (wholemeal if possible), selection or rolls and baps.

**Protein group** – Cold meats such as turkey/ chicken, ham, salmon, tuna, egg or reduced fat hummus.

**Vitamins and Minerals** - Any fresh fruit, mini boxes of raisins, dried fruit like mango, apricots, carrot sticks, salad vegetables.

**Calcium** - Yogurts drinks, yogurts pots, small cartons of milk, low-fat cheese.

### Lunch ideas

Select one item from each column for a healthy lunch!

Cereal Group	Fruit & Vegetables	Milk Group	Meat Group
Wholegrain Brown Bread	Bunch of seedless grapes	Yogurt Drink	Cold Chicken
Wholemeal Pitta Pocket	Salad and 2 Satsumas	2 x low fat fromage frais	Deli Turkey
Soft Roll or wholegrain bagel	Smoothie	Low fat Cheese	Tuna and sweetcorn mix
Breadsticks	Banana	Fruit Bio Yogurts	Hummus dip
Wholemeal roll or bap	Carrot Sticks	Low fat yoghurt	Hardboiled egg + low fat mayo

### Lunch comparisons

	Calories	Fat (g)	Saturates (g)	Fibre (g)	Salt (g)
Ham, cheese & coleslaw baguette	662	31.2	12.4	3.5	4.0
Red lentil, carrot & chilli soup (recipe)	88	3.3	0.4	2.1	0.6



### Red Lentil, Carrot & Chilli Soup

The clever use of herbs and spices here means there is no need for added salt. When buying stock cubes, choose good quality ones that are low in sodium – this will further reduce the salt content of the soup.

Take this soup to work in a flask or sealed lunchbox to heat up in the microwave. Also suitable for freezing.

Serves 4

#### Ingredients:

- ½ onion, diced
- 1 clove of garlic, crushed
- 1 tablespoon of olive oil
- 2 carrots
- 125g of dried red lentils
- ¼ teaspoon cumin, ¼ teaspoon ginger, ¼ te coriander
- 750ml vegetable stock
- ½ red chilli, finely sliced
- Handful of fresh coriander



#### Instructions:

- Simmer the onion and garlic in the olive oil until soft.
- Add the carrots, lentils and dried herbs and spices.
- Add in the stock and boil until the carrots are cooked and the lentils look slightly mushy.
- Add in the sliced chilli.
- When the soup has cooled slightly, blitz it with a hand blender and then add the fresh coriander and enjoy!