More tips

Vegetables & fruits
Include brightly coloured vegetables and fruits every day to boost fibre.
✓ Try vegetable sticks (carrot, sweet pepper, cucumber, broccoli florets) with hummus or salsa dip
✓ Prepare fruits so that they are ready-to-eat and place in small containers so they stay fresh
✓ Fruit cups or apple sauce snacks are convenient alternatives

Beverages
✓ Water
✓ Skimmed or soy milk
✓ 100% fruit juice
✓ Coconut water
✓ Smoothies made with skimmed milk or low fat yogurt

Sweets & snacks
Having a healthy lunch does not mean giving up all the treats children enjoy. Add a slice of cassava pone, coconut or banana bread, a small pack of chips or cookies if desired.

Read Nutrition Facts labels when buying treats and choose items less than 100 calories per serving

The Caribbean Food Groups

<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>EXAMPLE FOODS</th>
</tr>
</thead>
<tbody>
<tr>
<td>STAPLES</td>
<td>Oats, rice, pasta, corn, cou-cou, bread, biscuit, English potato, sweet potato, yam, breadfruit, cassava, plantain, green banana</td>
</tr>
<tr>
<td>LEGUMES &amp; NUTS</td>
<td>Dried peas &amp; beans, nuts, nut butter, soy milk, soy granules &amp; chunks, tofu, bean dips like hummus</td>
</tr>
<tr>
<td>FOODS FROM ANIMALS</td>
<td>Meat, chicken, turkey, fish (including canned fish), eggs, milk, yogurt, cheese</td>
</tr>
<tr>
<td>FRUITS</td>
<td>Banana, pawpaw, mango, orange, guavas, cherries, soursop, golden apple, grapefruit, pineapple - fruit can be fresh, frozen or canned</td>
</tr>
<tr>
<td>VEGETABLES</td>
<td>Spinach, broccoli, cabbage, pumpkin, string beans, carrots, squash, lettuce, cucumber, tomato - vegetables can be fresh, frozen or canned</td>
</tr>
<tr>
<td>FATS &amp; OILS</td>
<td>Bacon, butter, margarine, vegetable oil, gravy, mayonnaise, avocado pear, coconut, linseed &amp; other seeds</td>
</tr>
</tbody>
</table>

Sweets are also included in this group

Healthy Foods for Children & Young People

National Nutrition Centre
Tel: (246) 536 3800
Email: nutrition.centre@barbados.gov.bb
http://nutritioncentre.health.gov.bb

Nutrition Facts labels when buying treats and choose items less than 100 calories per serving

National Nutrition Centre
2019
Lunchbox ideas

Monday:
- Multigrain bread
- Sliced chicken breast, lettuce & tomato
- Skimmed milk
- Strawberries & grapes
- Mini muffins
- Water

Tuesday:
- Whole grain wrap
- Low fat cheese, lettuce & tomato
- Low fat yogurt
- Grapes
- Small pack plain chips
- 100% fruit juice
- Water

Wednesday:
- Tuna pasta salad with sweet pepper & cherry tomatoes
- Skimmed milk
- Banana & raisins
- Slice of coconut bread
- Water

Thursday:
- Whole wheat bun
- Egg, lettuce & tomato
- Yogurt smoothie
- Fruit cup & grapes
- Chocolate cookie
- Water

Friday:
- Whole grain wrap or roti
- Chicken & chick pea curry
- Low fat yogurt
- Melon balls & tangerine
- 100% fruit juice
- Water

Packed Lunches

A well-balanced packed lunch for children and young people should supply energy and nutrients for the afternoon’s activities. A nutritious packed lunch includes a variety of foods from the Caribbean Food Groups (see chart overleaf).

Remember to choose foods high in fibre and low in fat, salt and sugar.

In order to save time and increase acceptance when trying new foods, involve children in the selection and preparation of the meal. Some items can be prepared the evening before.

Food safety for packed lunches

The general rule to prevent food-borne illnesses is to keep hot foods hot and cold foods cold.

Flasks, ice packs and insulated containers should be used to help keep foods at safe temperatures.