



# Low Protein Lunch Box

## Healthy Lunch Boxes

Good food habits set in early childhood can last a lifetime and are especially important in the long term management of those on a low protein diet.

Remember children learn to eat what is familiar to them so including healthy foods will help give children a taste for these. It's important to offer a different variety of foods in the lunchbox – the same thing everyday gets boring!

### Practical tips to prepare a healthy lunchbox:

- Vary the types of low protein carbohydrate foods e.g. breads, pitta bread\*, rolls, pastas, rice and couscous.
- Keep a supply of suitable foods in the freezer (e.g. homemade vegetable soup and pasta sauces, low protein scones\*, low protein bread\*, low protein buns\*).
- Cook extra rice/pasta in the evening with dinner.
- If your child is tired of sandwiches/rolls, try sending leftover dinners to school hot in a thermos. A good quality thermos is a great investment and these are widely available from various supermarkets and department stores.



## Eating Lunch at School

Many children bring their lunch home with them at the end of the day, which can be frustrating. Encourage your child to sit and eat before heading out to play. Talking to your child's school about making sure all children get a chance to eat before play starts may be helpful. Children are more likely to eat their lunch if they have been involved in preparing it.

## Useful Tips

- 1. Let children choose his/her lunch box style** - your child may have an issue with their lunchbox container. It may even be difficult for them to open. They may prefer a brown paper bag or the latest fashion in lunch boxes.
- 2. Vary lunch everyday** - try to pack a different lunch everyday to avoid your child getting bored of the same foods. For younger children, cut the sandwiches in different ways to add interest such as triangles, squares or strips.
- 3. Make sure foods are manageable and easy to eat** - some children are put off by fiddly packaging or don't like getting sticky hands. Fruit, for example, can be made easier to eat by removing orange peel or cutting kiwi in half and including a spoon in the lunchbox.
- 4. Encourage your children to help choose and prepare their own lunch from a range of healthy options you have selected** - they might like to make a list of foods they enjoy. Praise your children when they choose healthy foods for their lunch box.



# My low protein lunchbox includes...

## Lunch Ideas

- Vegetable soup in flask with low protein bread
- Low protein pasta/rice in thermos
- Vegetable stir fry in thermos
- Low protein crackers with vegan cheese
- Quesadilla made with Old el Paso wrap (**½ ex**) and vegan cheese
- Tabbouleh salad made with low protein couscous \*
- Low protein pancakes\*

Lunch should include  
**at least** one fruit and  
one vegetable

## Sandwich/Wrap Ideas

### Use:

- Low Protein Homemade Bread\*
- Low Protein Bread/Rolls
- Old el Paso (**½ ex**) / Kelkin (**½ -1 ex**) / BFree (**2-2½ ex**) wraps

### Filling Ideas:

- Lettuce, tomato and onion with tomato relish & caramelised onion
- Vegan cheese with salad, tomato chutney & pickles
- Roasted free vegetables
- Cooked vegetable patties\* with vegan cheese & salad
- Mixed peppers, beetroot & salad cream
- Mayonnaise, chopped celery, apple & raisins

\*Ask your dietitian for the new recipe booklet created by the dietitians in CHI at Temple Street

## Lunchbox Fillers

Koko yoghurt (**1ex**)



Raisins

Piece of fruit

Fruit salad



Loprofin crackers

Rice/Corn Cake (**½-1ex**)



Cherry tomatoes



1/3 sliced avocado (**1 ex**)

Low protein hummus\*

with a selection of:

- Carrot sticks

- Celery sticks

- Pepper sticks

- Cucumber slices



Low Protein Scone\*

Low Protein Bun\*

## Protein Replacement Drink

Including your synthetic protein drink at lunch helps ensure that all drinks are taken and spread evenly throughout the day.

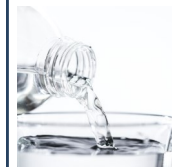
## Drink Ideas

Water

Prozero milk

Loprofin milk (**1 ex**)

Koko milk (**½ ex**)



Water with fruit squash

For patients with PKU, use aspartame free squash e.g.

- Robinsons\*\*

- Tesco Finest\*\*

- Tesco High Juice\*\*

- Bottlegreen\*\*



**Remember: Water is best!**

\*\* Always remember to check the label as ingredients may change.