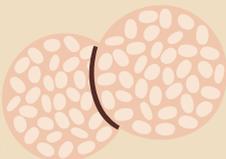
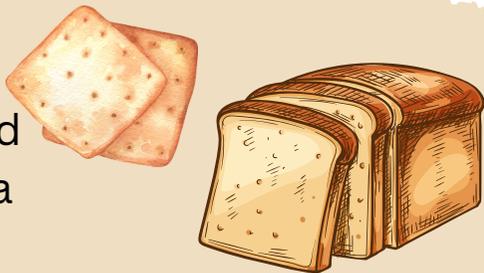


## Carbohydrate:

- Low Protein Bread
- Low Protein Pasta
- Low Protein Rice
- Low Protein Crackers
- Homemade Low Protein Scone
- Gluten Free Bread\* (**count ex's**)
- Rice/ Corn Cakes\* (**count ex's**)



## Synthetic Protein:



## Include in Your Child's Lunchbox

## Drink:

- Water (this is best)
- Carton of Low Protein Milk
- Diluted Squash **Avoid Aspartame for children with PKU and TYR \***

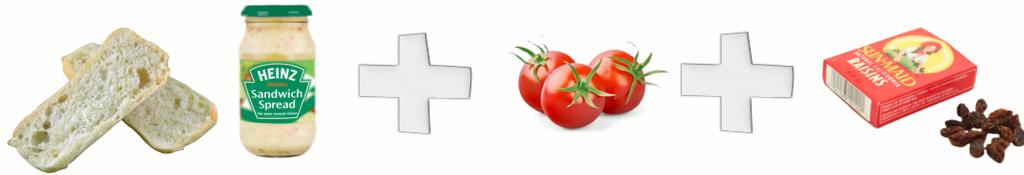


## Fruit & Veg:

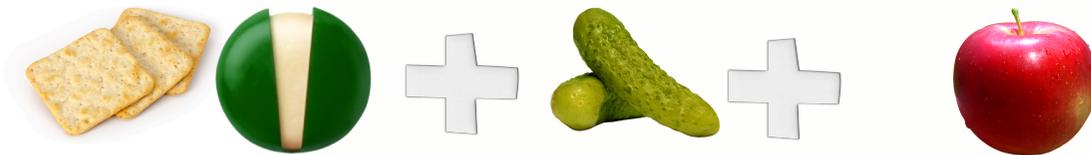
- Fresh
- Tinned Fruit (in natural juices)
- Dried Fruit (in limited amounts due to sugar content)
- Salad
- Pickles



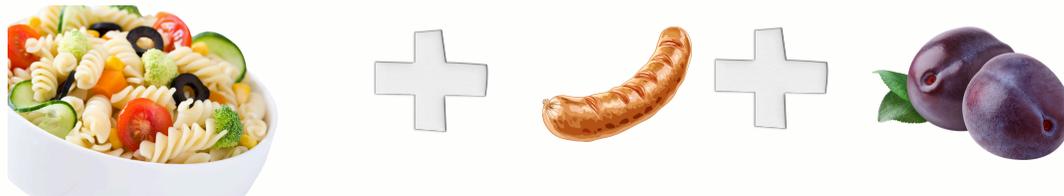
# Low Protein Lunchboxes



Low protein roll with Heinz Sandwich spread + 3 cherry tomatoes + raisins



Loprofin crackers and Plant Based Babybel cheese (**count ex's**) + gerkins + apple



Low protein pasta salad with veg + vegan sausage\* (**ex's**) + 2 plums



Use 'add ins' to increase the nutritional content of lunch and keep it interesting!

Cook extra low protein pasta and rice when making dinner to use for lunch the next day.

Let your child choose their own lunchbox style.

Encourage your child to help prepare their own lunchbox and praise healthy choices.

## Add in Ideas:

- Cold vegan sausage\* (**count ex's**)
- Plant based Babybel (**count ex's**)
- Cherry tomatoes
- Carrot/celery batons
- Fruit (1 large / 2 small pieces)
- Small packet of raisins
- Koko yoghurt \* (**count ex's**)
- Plant based fromage frais \* (**count ex's**)
- Pickled onions/gerkins

\*Visit [www.metabolic.ie](http://www.metabolic.ie) for lists of suitable options

## Other Main Ideas:

- Low protein cheese\* and relish sandwich on low protein bread
- 'BLT' sandwich, vegan meat\* (**count ex's**), lettuce and tomato on low protein bread
- Hummus (**count ex's**) and salad sandwich with low protein bread
- Tabbouli salad with low protein cous cous, tomatoes, scallions, mint and parsley
- Homemade low protein scone and jam
- Rice cakes (**count ex's**), vegan soft herby cheese spread\*
- Vegetable soup in a thermos flask and low protein bread roll