

WHAT'S IN JOSH'S LUNCHBOX?



This is Josh! He is 6 years old.

THIS IS JOSH'S LUNCHBOX.



Today, Josh enjoyed a tuna salad flatbread (wholemeal), a fruit pot, salad pot, cheddar cheese cubes, a small seeded flapjack and water.

WHAT DOES THE EXPERT SAY?

Nutritionist Resource member, **Jo Rowkins**, looks deeper into Josh's lunchbox, offering helpful tips and swaps that could be made to make it as nutritious as possible.



This is a fabulous lunchbox!

Lean protein from the fish, wholemeal wrap, lots of fresh fruit and raw veg, a small cheese chunk - a little cheese is ideal rather than overloading a meal with it which can be too easy to do as most children love cheese.



A small seeded flapjack if made without sugar should be a good source of healthy fats and a wholesome "sweet".

Thirsty children need water, not juice or squash, so glad to see water included!

OUR CARROT RATING



WHAT SWAPS COULD BE MADE?

I would suggest using tuna ideally only once a week because of its potential mercury contamination. Smaller oily fish are a great option - sardines, mackerel and wild salmon.