

# Top Tips for Planning Meals

Here are a few simple suggestions to get all those essential foods you need to stay well, help you with your concentration and performance at school or continuing with your day to day activities.

**! Planning meals ahead of time is a great way to maintain weight and stay healthy. !**



Whether you are taking part in any activity or sports, eating the right type of foods and drinks can enhance performance and feeling of wellness



Planning your daily meals and snacks can prevent you from grabbing foods on the go which can often be high in fat, sugar and salt.

Balanced meals at breakfast, lunch and dinner provide sufficient energy and vital nutrients for all your daily activities, as well as helping to maintain stable glucose levels.

**If you're on school lunches, look for healthy options. Remember your 5 a day and try to choose the least processed food.**



**Preparing packed lunches provides an opportunity to include a variety of fruit and vegetables.**



**Include wholegrain breads such as tortilla wraps, small portion of wholegrain pasta, rice or noodles with plenty of vegetables.**

**Try to include some lean protein which is essential for growth and repair and helps keep you full for longer (such as salmon or tuna, eggs, chicken, lentils, or chickpeas).**



**It is important to include a variety of fruit and vegetables. They provide essential minerals and vitamins in your lunch.**



**Low fat dairy foods such as milk, cheese, yogurts and yogurt drinks are a good source of calcium and can make a great snack.**



**Always carry a bottle of water and refill where possible, this will prevent you from having to buy high sugar drinks, which can have around 10-12 cubes of sugar.**



**Preparing meals, snacks and drinks from home can also save you a lot of money**



**Eat regularly throughout the day and avoid skipping meals. Skipping meals can lead to hunger and the desire to grab quick snacks and drinks high in sugar and fat. This can then have a negative impact on your glucose levels and weight.**



**See our lunch, snack and drink ideas in our [healthy lunchbox resource](#) to help with food preparation that will keep you fit and healthy.**