



Healthy Gluten-Free Lunch Boxes



Choosing a healthy, balanced lunch box for those on a gluten free diet can be kinder to teeth and help you protect your smile

Gluten can be found in the grains wheat, barley and rye. These grains are found in food like bread, pasta, cereal, flour, cakes and biscuits

If you are gluten-free (GF) you can still enjoy a healthy diet that includes fruits, vegetables, meats/fish, beans, nuts, seeds, dairy products and GF bread



Gammon Rice Noodle Pot



Gluten Free Lunch Box Roll Ups



Chicken Mayo Nori Rolls



Gluten Free Pasta Salad

For recipes see: bbc.co.uk/food/collections/lunchbox_ideas, bbc.goodfood.com/recipes

