

Lunchtime snacks / Boots.

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LUNCHTIME FOODS

The Boots range of lunchtime food has plenty of choice to help you vary your meals. But remember to:

- Check your overall daily Calorie intake.
- Eat food with a good fibre content.
- Balance your fat intake - for example, if you eat a sandwich with mayonnaise, choose a low fat dessert.
- Sit down, relax and enjoy your lunch.

SANDWICHES

Sandwiches were invented by the Fourth Earl of Sandwich so he could enjoy a light meal without leaving the gaming table.

They became part of the traditional packed lunch and are increasingly popular at lunchtimes, probably because convenient, ready prepared sandwiches are now more easily available near the workplace.

The nutritional quality of sandwiches depends on the bread used and the type of filling. Boots sandwiches are made using wholemeal or high fibre white bread with St. Ivel Gold low fat spread. They come in three ranges to suit your appetite.

Deep Filled Sandwiches are for the larger appetite. They are filled with generous and delicious fillings such as Continental Pizza or Pastrami and Garlic Sausage. If you can't manage a pack on your own, try sharing it with a friend.

Standard sandwiches have Calorie contents ranging from about 250 to 450. There are enough varieties to have a different sandwich every day for a fortnight.

Shapers sandwiches are the first range of Calorie reduced sandwiches, with Calorie contents between 184 and 274. They are a nutritious and satisfying lunchtime meal which, by using lighter breads and lower Calorie fillings, give you Calorie savings of 30%.

COTTAGE CHEESE

Usually made with skimmed or semi-skimmed milk, cottage cheese is widely recognised as an ideal food for slimmers. Low in Calories and fat, and now available in many varieties - such as Boots Cottage Cheese with Prawns or with Salmon and Cucumber - it is a delicious alternative for lunch.



For a filling meal, combine cottage cheese with bread, crispbread, Boots crisps or savoury snacks. Or, for a refreshing and low Calorie lunch, use cottage cheese as a dip with fresh, crunchy vegetables such as celery and carrots.

CRISPS AND SAVOURY SNACKS

Crisps originated in the USA, but were introduced to Britain by a certain Mr. Smith who had a glut of potatoes from a good crop on his Lincolnshire farm. They are now one of the UK's most popular snacks.

Boots Lower Fat Crisps are produced by a specially developed process which means the absorption of oil is decreased by 30%. As a result, these crisps have a total fat content of not more than 25% whereas traditionally made crisps contain 36% fat.

Another alternative to the traditional product is the Jacket Fried Crisp which retains the fibre of the potato skin. Boots Jacket Fried Crisps, fried in sunflower oil, come in piquant flavours such as Chilli and Natural Vinegar, without the usual monosodium glutamate.

Several other savoury snacks have followed the crisp. Boots has recently introduced Savoury Hoops - a bacon flavoured potato snack, Cheese Puffs - made with maize and Potato Sticks.

YOGURT

Yogurt originated in the warm climate of South East Europe and Turkey. People found that boiling milk before adding the starter organism made dairy products safe to eat. Yogurt is now produced on a commercial scale with a wide range of flavours and textures.

Yogurt usually has the same calcium level as milk, but a higher protein and lower fat content. It makes an excellent end to any lunch. Fat levels of yogurts vary according to the type of milk used. Boots has three yogurt ranges: Shapers Yogurt uses skimmed milk and is a



very low fat plain yogurt, flavoured with fruit and sweetened with artificial sweeteners rather than sugar for substantial Calorie reductions. This range has only 70-75 Calories per pot, so you can enjoy them without worrying about your waistline.

Low Fat Yogurt is made with semi-skimmed milk so has a thick, smooth consistency while still having low fat content (less than 2%).

Wholemilk Yogurt is thick and creamy but still has less than 3% fat. Made by traditional methods in churns, it has a distinctive and delicate flavour.



FRUIT JUICES AND SOFT DRINKS

It is important to have some liquid refreshment with your lunch. Boots has a wide variety of low Calorie canned



drinks in the Shapers range, long life fruit drinks, and juices in cartons. If you really want to treat yourself, try the fresh chilled orange and apple juices - in convenient cartons with straws.

The Shapers range includes new Cola with Lemon. In line with our

additives policy - the Cola is coloured with malt extract rather than artificial colour.

Boots also sells a wide range of other lunchtime foods, including ready-to-eat salad platters, quiche portions, cereal bars and tub salads. They can make a refreshing change from sandwiches... so give them a try.

We hope you have found this leaflet interesting and useful. If you would like any further information, please don't hesitate to contact:

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LUNCHTIME SNACKS



There was a time when most people sat down to three square meals a day. They probably included something cooked, starting with the traditional cooked breakfast and working through to high tea. But over the years our lifestyle has changed and, with it, our pattern of eating.

The survey *Eating in the Early 1980's* by the British Nutritional Foundation found that only two out of ten people now have the traditional three meals a day. It also discovered an increase in informal eating, with three out of ten people eating six or more snacks a day. So more food now is eaten away from the table and, in many cases, away from home.

EATING AWAY FROM HOME

The picnic was the traditional occasion for packing food to eat away from home. Now we also take packed lunches to school or work, or to eat on long journeys. As well as such packed food, many of us pick up snack foods which we eat anywhere at anytime.

HEALTHY EATING AND LUNCHTIME SNACKS

Whatever your eating pattern, it is important that your various meals and snacks add up to a balanced diet. Some



OPTION ONE
ABOUT 300 CALORIES



convenient snack foods are high in sugar and fat and low in fibre. This means they are less useful in your diet.

Another danger of snacks is they can encourage you to eat too much. They are often eaten away from the table, usually eaten with fingers, are often unplanned and, more often than not, are eaten alone. As a result you may rush snacks, which can reduce your enjoyment and satisfaction and tempt you to eat more than you would at a proper meal.

GETTING THE BEST OUT OF PACKED FOOD EVERY DAY

Everyone has a daily Calorie requirement. This should come from the right balance of nutrients. Recent reports on diet and health recommend a suitable balance (see chart).

The closer each meal and snack is to this balance, the easier it becomes to have the correct total daily intake.

Option 1 - Around 300 Calories

	Cals	Pro	Fat	CHO	Fibre
Shapers Ham, Cottage Cheese and Chinese Leaf Sandwich	184	13g	7.6g	44g	2.5g
Medium Banana (1/2)	111	1.5g	0.4g	27g	5.0g
Shapers Cloudy Lemonade	0.8	-	-	-	-
Total	296	14.5g	8g	71g	7.5g

Sandwiches are a traditional part of packed lunches. If they're made with the right ingredients, there's no reason why that should change when you're trying to control your weight.

Most of Boots' wide range of sandwiches are made with wholemeal bread. We recommend our Shapers Ham, Cottage Cheese and Chinese Leaf Sandwich, followed by a medium-sized banana and Shapers Cloudy Lemonade.

You also need fibre. The daily recommendation is 30g, so you should try to eat between 2g and 10g at lunch.

ENJOY YOUR FOOD

Wherever you are, take time to sit and enjoy the meal you are eating. That way it'll leave you feeling more satisfied.

IDEAS FOR A HEALTHY PACKED LUNCH

As well as being nutritious, packed lunches need to be tasty and, above all, convenient. That means easy to pack and easy to eat.

Boots has a wide range of foods to help you make healthy packed lunches - or any other meal, in fact. So, why not try one of our delicious lunchtime suggestions. We've listed four options, each with a different Calorie level. We have also calculated the nutritional breakdown for each meal.



OPTION TWO
ABOUT 400 CALORIES



OPTION THREE
ABOUT 480 CALORIES



Option 2 - Around 400 Calories

	Cals	Pro	Fat	CHO	Fibre
Boots Wholemeal Roll	117	4.5g	2g	22g	4g
Boots Cottage Cheese with Pineapple (1 pot)	110	14g	3.8g	5.3g	-
Boots Savoury Hoops (25g)	128	1g	5.4g	20g	-
Medium Apple	40	0.3g	-	10.4g	1.7g
Shapers Cola with Lemon	0.8	-	-	-	-
Total	396	19.8g	11.2g	57.7g	5.7g

Combine the delicious flavour of Boots Cottage Cheese with Pineapple with a Boots Wholemeal Roll. Add a crisp texture to the meal with Boots Savoury Hoops. Wash it down with Shapers Cola with Lemon and finish with a medium-sized apple.

If you feel like a salad for lunch but don't have time to prepare it, try a Boots Salad Planter such as Boots Bean Salad and Chicken. Follow it with our Fruits of the Forest Whole Milk Yogurt. For liquid refreshment, there's our chilled fresh Apple Juice.

Option 3 - Around 450 Calories

	Cals	Pro	Fat	CHO	Fibre
Boots Bean Salad and Chicken (1 Planter)	199	14g	3.2g	16g	6.5g
Boots Chilled Fresh Apple Juice (250ml)	84	1.2g	neg	20g	0g
Boots Fruits of the Forest Whole Milk Yogurt	166	7.8g	4.1g	26g	-
Total	449	23g	13.3g	62g	6.5g



OPTION FOUR
ABOUT 550 CALORIES



Option 4 - Around 550 Calories

	Cals	Pro	Fat	CHO	Fibre
Boots Roast Beef, Horseradish Sauce and Lettuce Sandwich	251	19g	7.3g	23g	6.1g
Boots Fresh Pressed English Apple Juice	36	0.9g	-	9.4g	-
Boots Apple Chewy Bar	109	2.1g	3.3g	19g	1.7g
Boots Low Fat Apple and Blackberry Yogurt	157	7.8g	1.9g	29g	-
Total	553	29.9g	12.5g	61.4g	7.8g

For a more substantial lunch, treat yourself to our Roast Beef, Horseradish Sauce and Lettuce Sandwich, followed by our Low Fat Apple and Blackberry Yogurt. To drink, there's Boots Freshly Pressed English Apple Juice. Then finish off with a Boots Apple Chewy Bar.

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