

The disclosure relates to a packaging laminate and packaging containers for liquid foods produced therefrom. The packaging laminate (10) includes a paper or paperboard layer (11) and outer, liquid-tight coatings (13 and 14) on both sides of the paper or paperboard layer (11). In order to impart to the packaging laminate (10) increased rigidity and thereby make for the production of packaging containers with improved gripping properties, the packaging laminate (10) has an additional layer (12) of mineral-filled polyolefin between the paper or paperboard layer (11) and one of the two outer, liquid-tight coatings (14).