

THE BALANCED HEALTHY LUNCHBOX

STARCHY FOODS (CARBOHYDRATES)

Pasta, bread, wraps (wholegrain), potato, rice

HEALTHY SNACKS

Breadsticks, nuts

VEGETABLES

Cucumber, carrot, peas, sweetcorn, pepper

OILS/SPREADS

Unsaturated in small amounts

DIVIDERS

Keeps foods separate and reduces packaging

FRUIT

Grapes, orange, apple slices, pineapple

NON-DAIRY PROTEIN

Meat, eggs, fish, beans

DAIRY

Low sugar yoghurt, cheese

HOW MUCH!?

Portions should fit in the palm of a child's hand. Aim for 5 items of fruit or vegetables per day.

