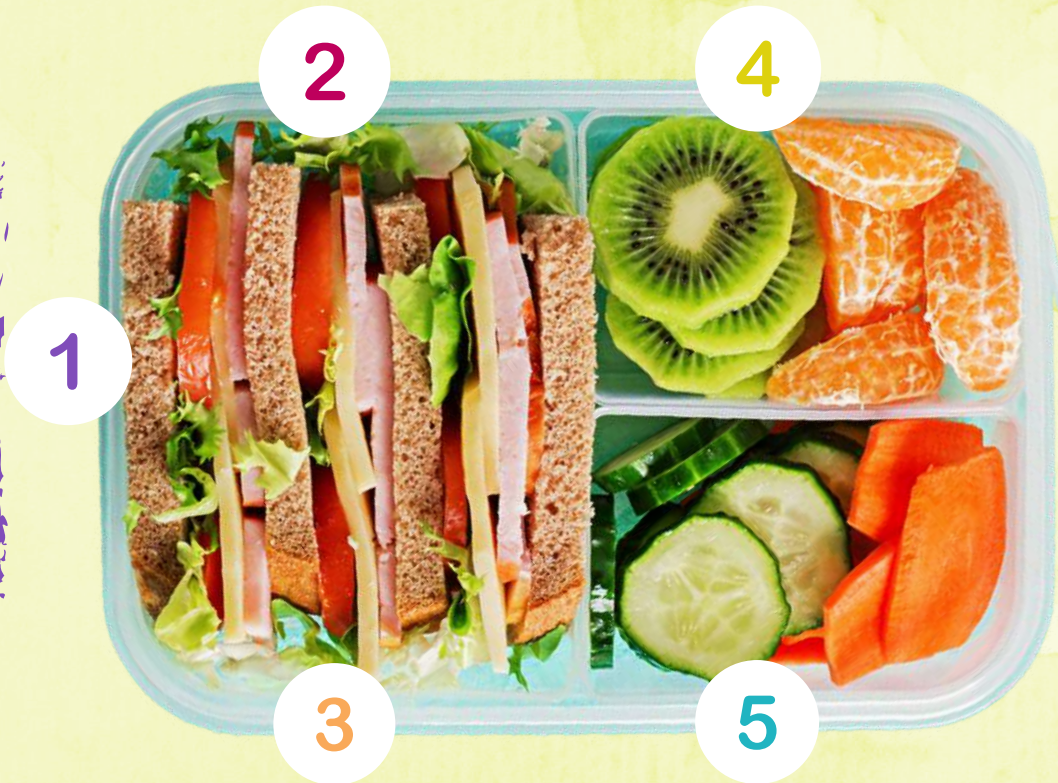


YOUR *Healthy* LUNCHBOX GUIDE

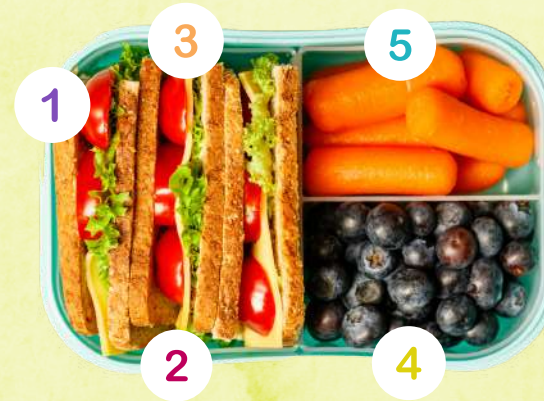
PLANT & ANIMAL PROTEIN

FRUITS

WHOLEGRAIN BREAD & CEREALS



Choose water and limit consumption of sugary drinks
Pick whole fruit over fruit juice



Examples



DAIRY & ALTERNATIVES

VEGETABLES



Top Tip

Pick one from each food group

THE FIVE FOOD GROUPS

1



WHOLEGRAINS provide long-lasting energy for the brain and body.

2



PROTEINS which are important for growth and to keep your tummy full!

3



DAIRY AND ALTERNATIVES for calcium to build strong bones and teeth.

4



FRUITS keep your body healthy. The more colours, the better!

5



VEGETABLES for a healthy gut and immune system. Enjoy a wide variety!