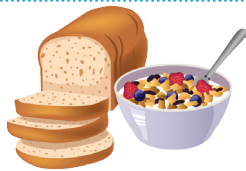




(U1L14R3) A Balanced Lunchbox

A balanced lunchbox has all 5 food groups represented over a variety of different foods.

The foods that a healthy lunchbox contains will include:



Grains (breads and cereals):
2 serves in lunchbox



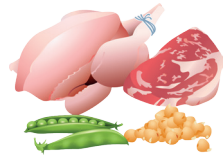
Dairy (milk, yoghurt, cheese or alternatives):
1 serve in lunchbox



Vegetables:
2 serves in lunchbox



Fruit:
1 serve in lunchbox



Lean meats, poultry and legumes:
1 serve in lunchbox



Water



+1 Extra snack for active kids..
A snack could be Sliced veggies with salsa, wholegrain crackers with cheese or an extra serve of fruit.

