

What's in your Lunchbox?



A healthy diet consists of a balance of foods that provide all our nutritional needs, so what's in your lunchbox is important.



How to pack a healthier lunch

Choose foods from each group to:

- **Keep you healthy**
Fruit, fresh or tinned and vegetables.
- **Fill you up**
Bread, pasta or pitta bread.
- **Look after your teeth and bones**
Cheese, low-fat and low-sugar yoghurt or custard.
- **Help you grow**
Cold meat, fish, eggs or pulses.
- **Quench your thirst**
Water, low-fat milk or unsweetened fruit juice.

