

Plan for a perfect Lunch Box

For a fresh and healthy lunch box choose foods from the five food groups to give you all the nutrients you need to stay healthy.



In your lunch box try to have all of the five food groups covered

Vegetables, wholegrain breads and cereals, protein, dairy and fruit.
This will leave you feeling full and satisfied, as well as being full of goodness!

Choose plenty of vegetables or salad	Choose some grains	Choose some lean protein	Dairy	Add in some fruit and seed snacks
Lots of raw, cooked or canned vegetables of different colours and textures. Vegetables contain different vitamins, minerals and wholesome fibre which help fill you up. Try some of these ideas • Add salad vegetables in your sandwich/roll/wrap. • Add plenty of vegetables to your cooked meals. • Pack a salad with lots of leafy greens, tomato, cucumber, legumes, spinach, mushroom (any vegetables you like). • Pack vegetable sticks like capsicum, carrot, cucumber and beans with some low fat dip. • Swap margarine or butter for avocado or some tasty hummus. • Add some extra flavour to your salads with: herbs, vinegars, lemon, tzatziki, avocado, tahini, hummus, mustard, tomato-based pasta sauces or olive oil.	• Different grain-based foods that are wholegrain, high fibre and low in salt will help fill you up for longer. • Try including bread slices, a bread roll, wraps, fruit bread, rice paper rolls, rice cakes, crackers, popcorn, pasta, couscous or some quinoa.	• Lean protein options include: chicken, turkey, boiled egg, tinned tuna, sardines or salmon (in spring water or olive oil). • Meat alternatives like tofu, kidney beans, chickpeas or lentils are high in protein and low in fat, so are a healthy choice.	• A small tub of reduced fat yoghurt. • 2 slices of cheese. • A small carton of milk. • Dairy foods help keep you feeling fuller for longer. • It is also a great source of calcium which helps keep our bones and teeth healthy!	• A medium sized piece of fruit or two small fruits like apricots or a small bunch of grapes. • Dried fruit can also be a great snack, full of vitamins and minerals. • Try some sunflower seeds, pumpkin seeds, or sesame seeds. They are a good source of fibre, protein and vitamins.
Don't forget to stay hydrated! • Tap water is the best choice, fill up a water bottle and bring it with you or freeze it on hot days to keep your lunch and yourself cool. • Swap drinks with high amounts of sugar such as, fruit juice, cordials, sports drinks and iced teas for a bottle of tap water. • Try adding fruit or vegetable slices to your water for extra flavour.				