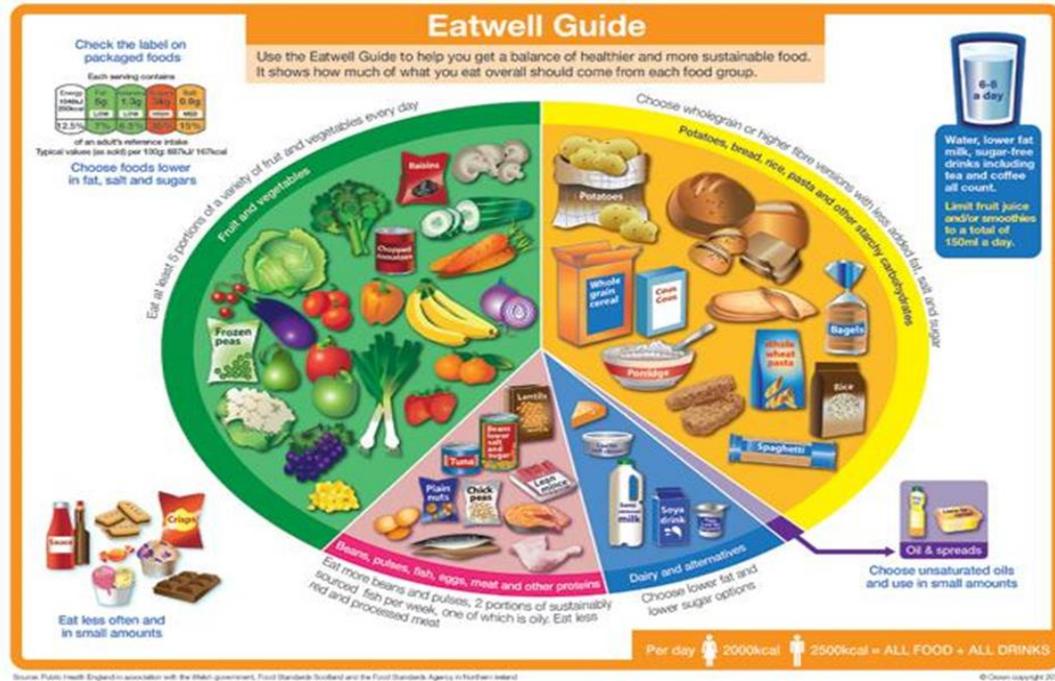


A HEALTHY BALANCED PACKED LUNCH



For a balanced lunchbox include:

Fruit and vegetables

Any fruit and/or vegetables, try to include at least one portion in your packed lunch

Potatoes, bread, rice, pasta,

All varieties of starchy food are fine, try to include wholegrain when possible

Dairy and alternatives

include a dairy food every day

Beans, pulses, fish, eggs, meat

Either meat, fish, eggs or another source of protein should be included every day

Foods high in fat, salt and sugar

Eat foods high in fat, salt and sugar less often and in small amounts. Think of these as treats and not included everyday

Drinks high in sugar

Avoid drinks high in sugar, fresh drinking water is available at lunch time in all schools