

HEALTHY LUNCHBOXES

Healthy lunchboxes can be fun and delicious, packed with excitement, colours, textures and tastes, an adventure in eating everyday. With a little planning your child will be unable to resist. For young children variety is important, choosing a food from each of the six groups below creates a balanced healthy lunchbox and can be easily tailored to the fussy eater.

Mix from 6

2
FRUIT

3
VEGETABLES

1
GRAINS &
CEREAL

6
WATER

4
DAIRY

5
LEAN MEAT





HEALTHY LUNCHBOXES

| 1. GRAINS & CEREALS | 2. FRUIT | 3. VEGETABLES | 4. DAIRY/ ALTERNATIVES | 5. LEAN MEAT/ ALTERNATIVES | 6. WATER |
|---|---|--|--|--|--|
| <p>Wraps Sandwiches Bread rolls Pasta Rice Noodles Cous Cous Corn and rice cakes Crackers Sushi Naan Rice paper rolls <i>(wholegrain or wholemeal varieties are the best choices)</i></p> | <p>Fresh fruit: Apple Apricot Banana Grapes Mandarin Orange Pear Peaches Pineapple Plum Rockmelon Strawberries <i>(fruit can be cut into chunks for small children)</i></p> <p>Tub of fruit in natural juice</p> <p>Dried fruit Sultanas Dried fruit mixes <i>(less often)</i></p> | <p>Fresh veggies: Avocado Carrots Capsicum Celery Corn cobs Cucumber Green beans Mushroom Snow peas Tomatoes <i>(veggies can be cut into sticks or shapes for small children, they can also be teamed with dips, like hommus or natural yoghurt)</i></p> <p>Salads: Salad filling in sandwiches and wraps.</p> | <p>Plain milk <i>(freeze the night before to keep cool)</i> Soy or other calcium enriched plant based milk Plain yoghurt Custard Cheese slices, cubes, sticks Cream cheese Cottage cheese Ricotta cheese. <i>(choose reduced fat for children over 2 years of age)</i></p> | <p>Fish: Tinned tuna Tinned salmon</p> <p>Meat: Lean roast or grilled meats: beef, lamb chicken Lean meat or chicken patties Skinless chicken drumsticks Rissoles or meatballs Lean deli meat: ham, chicken, beef <i>(less often)</i></p> <p>Alternatives: Boiled eggs Baked beans Tofu Lentil patties Hommus Falafel</p> | <p>Water is the best thirst quencher and the best choice of drink for every lunchbox.</p> <p>Tap water is safe, so buy your child a refillable drink bottle they like and get them involved.</p> <p>Freezing water bottles overnight keeps them cool during the day.</p> |

SOMETIMES FOODS

Snack foods and drinks that are high in added sugar, saturated fat or salt are generally low in nutrients. They also provide a lot of kilojoules that can contribute to children becoming overweight or obese. We call these 'sometimes' foods and drinks because they should only be consumed sometimes and in small amounts. Foods like lollies, chocolates, jelly cups, fruitbars and fruit straps, sweet biscuits, potato and corn chips should be given much less often.



For more information and ideas on healthy eating and physical activity go to www.healthykids.nsw.gov.au



Health