## 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.


## HEALTHY LUNCHBOXES

## GRAINS \& CEREALS

Wraps
Sandwiches
Bread rolls
Pasta
Rice
Noodles
Cous Cous
Corn and rice cakes
Crackers
Sushi
Naan
Rice paper rolls (wholegrain or wholemeal varieties are the best choices)

| FRUIT |
| :--- |
| Fresh fruit: |
| Apple |
| Apricot |
| Banana |
| Grapes |
| Mandarin |
| Orange |
| Pear |
| Peaches |
| Pineapple |
| Plum |
| Rockmelon |
| Strawberries |
| (fruit can be cut |
| into chunks for |
| small children) |
| Tub of fruit |
| in natural juice |
| Dried fruit |
| Sultanas |
| Dried fruit mixes |
| (less often) |

## 3. <br> VEGETABLES

Fresh veggies:
Avocado
Carrots
Capsicum
Celery
Corn cobs
Cucumber
Green beans Mushroom Snow peas Tomatoes (veggies can be cut into sticks or shapes for small children, they can also be teamed with dips, like hommus or natural yoghurt)

Salads:
Salad flling in sandwiches and wraps.

## 4. DAIRY/ ALTERNATIVES

Plain milk (freeze the night before to keep cool)
Soy or other calcium enriched plant based milk Plain yoghurt Custard Cheese slices, cubes, sticks Cream cheese Cottage cheese Ricotta cheese. (choose reduced fat for children over 2 years of age)

## 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,

## 5. <br> LEAN MEAT/

 ALTERNATIVESFish:
Tinned tuna Tinned salmon 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 (less often)
Alternatives:
Boiled eggs
Baked beans
Tofu
Lentil patties
Hommus
Falafel chocolates, jelly cups, fruitbars and fruit straps, sweet biscuits, potato and corn chips should be given much less often.

