

# BUILD YOUR BALANCED LUNCHBOX

## PICK ONE FROM EACH FOOD GROUP

### VEGETABLES



#### Fresh vegetables:

- Carrot
- Spinach
- Tomato
- Capsicum
- Beetroot
- Lettuce
- Cucumber

#### Steamed vegetables:

- Corn
- Peas
- Green beans
- Broccoli
- Cauliflower
- Pumpkin
- Zucchini
- Sweet potato

#### Canned legumes/beans:

- Red kidney beans
- Lentils

### FRUIT



#### Fresh fruit:

- Apple
- Orange
- Papaya
- Kiwi
- Banana
- Grapes
- Mango
- Strawberries
- Blueberries
- Watermelon
- Pineapple
- Nectarine

#### Dried fruit

- Apricots
- Sultanas

#### Fruit cups (in natural juice):

- Mixed fruit salad
- Mandarin

### GRAIN AND CEREAL FOOD



#### Wholegrain and/or high fibre varieties:

- Multigrain bread
- Wholemeal pita bread
- Brown rice
- Pasta
- Rice noodles
- Couscous
- Oats
- Quinoa
- Buckwheat

#### Snacks:

- Muesli or granola (no added or low sugar)
- Wholegrain crackers
- Brown rice cakes
- Multigrain corn thins
- Wholemeal English muffins

### MEAT AND ALTERNATIVES



#### Lean grilled or roasted meats, poultry and fish:

- Chicken
- Beef
- Pork
- Fish

#### Lean deli meats:

- Chicken
- Turkey
- Ham

#### Meat alternatives:

- Eggs
- Chickpeas
- Lentils
- Tofu
- Canned tuna or salmon (in springwater)
- Canned baked beans (no added sugar)

### DAIRY AND ALTERNATIVES



#### Fresh dairy:

- Milk
- Yoghurt (no added or low sugar)
- Custard (low fat)
- Tasty cheese
- Cottage cheese
- Ricotta cheese

#### Dairy alternatives:

- Calcium-fortified soy, oat or other plant-based milk
- Soy, oat or coconut yoghurt (no added or low sugar)

#### Food Safety Tip:

- Be sure to add an ice pack in the lunchbox to keep the items cool!

### WATER



**Pack a reusable water bottle to refill anytime throughout the day!**

#### Hydration Tip:

- Boost the flavour of your water by adding fresh slices of lemon, lime, cucumber, berries, or aromatic herbs such as mint, rosemary and lemon balm!