

Healthy lunch box

Water

It is important to drink lots of clean, safe water. 6-8 glasses are recommended daily.

Boiled egg

Proteins help to build and grow our bodies. Chicken, fish, meat, milk or eggs could be eaten daily.

Tomato and apple

Vegetables and fruit protect us from illness. This lunchbox has 2 servings of the recommended minimum 5 servings a day. Eat plenty of vegetables and fruits everyday.

Yoghurt

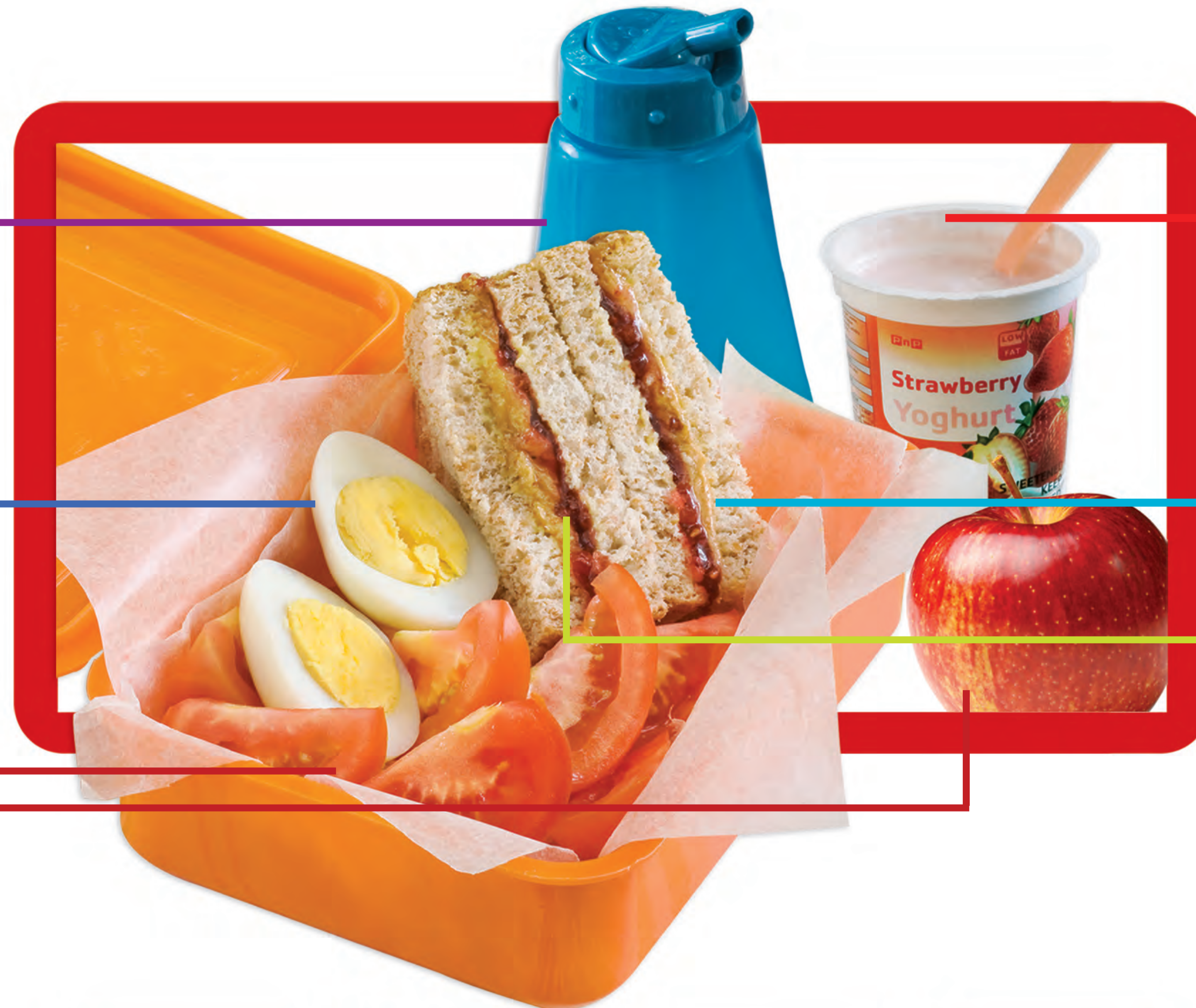
Dairy products are rich in bone-building calcium. Have 3 servings a day.

Brown bread

Make starchy foods the basis of most meals. They provide our bodies with fuel for energy.

Peanut butter

Good fats such as peanut butter and avocado provide us with important vitamins and minerals for a healthier body. Eat fats sparingly.



Enjoy a variety of foods.

Be active!

Eat dry beans, peas, lentils and soya often.

Use food and drinks containing sugar sparingly and not between meals.