

# Building a Healthy Lunch



It is not hard to plan healthy lunches for the whole family. Just follow these tips and include foods from the five food groups (breads and cereals, vegetables, fruits, meat and meat alternatives, dairy foods).

## 1. Start with a base of breads or cereals

- Use different types of bread. Wholemeal, wholegrain, high fibre white, rye, pita, bagels, turkish bread, mountain bread or english muffins.
- Try crispbreads, corn or rice thins for a change.
- Pasta, rice, potatoes, couscous or noodles can also make a good base for lunch in a box.

## 2. Add meat or meat alternatives

- Lean beef, lamb, pork, ham, chicken or turkey.
- Fish: tuna, salmon, sardines.
- Hard boiled egg, peanut butter, hummous, 3 bean mix, baked beans.

## 3. Add at least 2 vegetables. Try...

lettuce	tomato	cucumber	grated carrot
snow peas	sprouts	celery	capsicum
mushrooms	cabbage	bok choy	zucchini
eggplant	beans	spinach	asparagus
sweet potato	avocado		

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#### **4. Add dairy foods for strong bones**

- Cheese: low fat cheddar, swiss, cottage, ricotta.
- Low fat yoghurt, low fat custards and instant pudding (made with milk).
- Milk or soy milk with added calcium. These need to be kept cold. Try freezing long life milk tetra packs for lunch boxes.

#### **5. Add some fruit**

- Any fruit in season. Try small whole fruits or cut up pieces of bigger fruits. Remove the stones from apricots, plums etc.

#### **6. Flavour ideas**

- Herbs and spices such as parsley, chives, basil, curry powder.
- Mustard, hummous, chutney, relish, pickles, a little tomato sauce or mayonnaise.
- Lemon juice.

#### **7. Don't forget the drink**

- Water is the best drink.
- Milk is also a good choice, but only if it can be kept cold.

#### **8. Keep food safe!**

- For lunchboxes, pack food cold and use an insulated lunch box or bag and add a frozen ice brick to keep food cold.