

# The simplest way

... to choose foods for the lunch box

**Pick one food from each food group:**

**Breads & Cereals:**

rich in carbohydrates, the body's preferred source of energy – perfect for kids to play and learn all day.

**Vegies & Salads:**

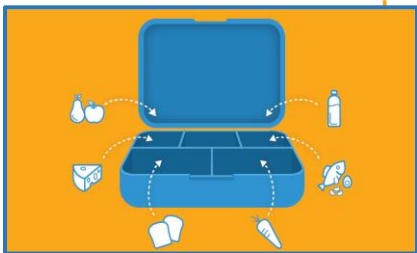
high in fibre and packed full of vital vitamins and minerals to boost health and help maintain a healthy weight.

**Meat & Alternatives:** rich in protein, iron and zinc.

**Dairy:** important for growing healthy bones and teeth.

**Fruit:** naturally sweet and refreshing the perfect snack for growing bodies.

For simple ideas on foods from each group visit [healthylunchbox.com.au](http://healthylunchbox.com.au)



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