

TUCKER TALK TIPS **4 kids** HEALTHY LUNCH BOX IDEAS



MY MESSAGE TO YOU

Healthy foods help children grow, concentrate and play.
A healthy lunch box includes:

- Grain foods
- Vegies or salad
- Fruit
- Dairy
- Lean meat or protein foods
- Tap water

YOU COULD TRY:



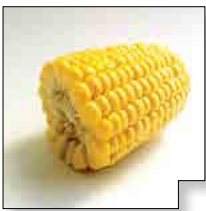
GRAIN FOODS (Wholemeal and wholegrain types)

- Small bread rolls
- Fruit, pita and crisp breads
- Pasta and noodles
- Rice cakes



DAIRY (Mostly reduced fat types for children aged over 2 years)

- Small cubes or slices of cheese
- Tub of yoghurt
- Tetra pack of plain milk



VEGETABLES

- Shredded lettuce
- Mixed salad
- Carrot and celery (with dip)
- Cherry tomatoes
- Corn cobs



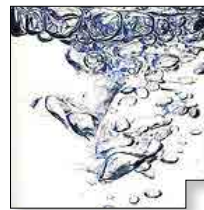
LEAN MEAT/PROTEIN FOODS

Ham, chicken breast, roast beef slices, turkey slices, small tin of tuna, baked beans or bean mix, boiled egg



FRUIT

- Fresh fruit
- Tinned fruit in natural juice
- Pureed fruit
- Dried fruits (Only sometimes as it can stick to teeth and cause tooth decay)



DRINKS

Tap water is the best drink to have in your child's drink bottle. Tap water has fluoride for healthy teeth

HEALTHY LUNCH BOX IDEAS



EXAMPLE 1

- Hommus dip
- Carrot sticks
- Snow peas
- Strawberries
- Lean ham, reduced fat cheese and tomato sandwich on whole grain bread
- Plain milk (reduced fat)
- A banana
- Tap water

Try getting your kids to help you make up their lunch boxes.

They're more likely to eat their food if they helped make it.



EXAMPLE 2

- Snow peas
- Strawberries
- Grated cheese (reduced fat)
- Whole grain roll with mashed hardboiled egg, light mayonnaise and lettuce
- Tzatziki dip
- Carrot sticks
- Tap water

