

Healthy Lunch, Happy Kids!



Ensuring your child receives a balanced diet is essential for their growth and well-being. A nutritious lunch is a key part of it. A lunch box should contain a mix of the following:

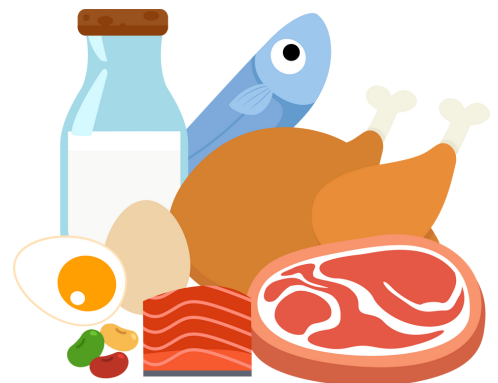
Fruits & Vegetables

Include colourful fruits & veggies for vitamins & fibre



Proteins

These are building blocks for growth & repair. Lean meat, Poultry, fish, eggs, pulses and tofu are good choices



Healthy Lunch, Happy Kids!



Starchy Foods

Whole grain bread, rice, pasta, and potatoes offer energy and vital nutrients, use whole grain versions for added benefit



Dairy or Alternatives

Include milk, yoghurt, cheese or fortified alternatives for strong bones and teeth



Watch out for sugars and fats

Its important to be mindful of the sugars and fats in your child's lunch. Keeping these in check ensures a healthier meal for their growing bodies