



superhero band



### Healthy Smart Lunch Box

Remember to pack foods from the five 'everyday' food groups.

#### FRUIT & VEGETABLES

Fruit and vegetables are full of vitamins and nutrients to keep you healthy and help protect your body against diseases.

Choose a rainbow of fruit and vegetables everyday to help you stay healthy and strong.

#### PROTEIN

Protein foods like lean meat, fish, poultry, eggs, nuts and legumes are good for your muscles and help keep your body strong.

#### DAIRY

Dairy foods like milk, yoghurt and cheese provide calcium which your body needs for healthy strong teeth & bones. Always choose low fat or reduced fat.

#### GRAINS

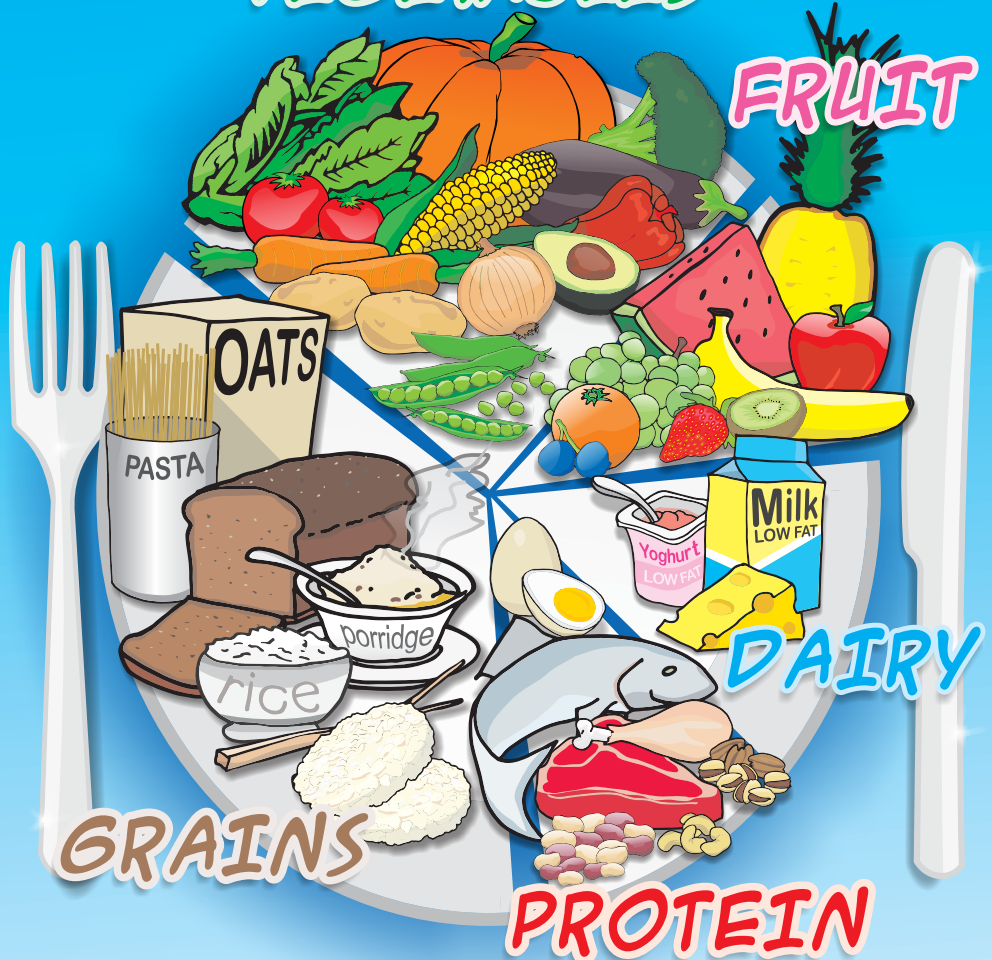
Grains like breads, cereals, rice, pasta and noodles are full of carbohydrates and nutrients to give us energy and keep our bodies healthy. Choose wholegrain or wholemeal.

Make sure you drink plenty of water everyday too! Be sure to check the nutrition label on packaged food. Choose products that are low in fat, salt and sugar.

# 5 EVERYDAY FOOD GROUPS

## VEGETABLES

## FRUIT



## DAIRY

## GRAINS

## PROTEIN



Creating Healthier Communities!

