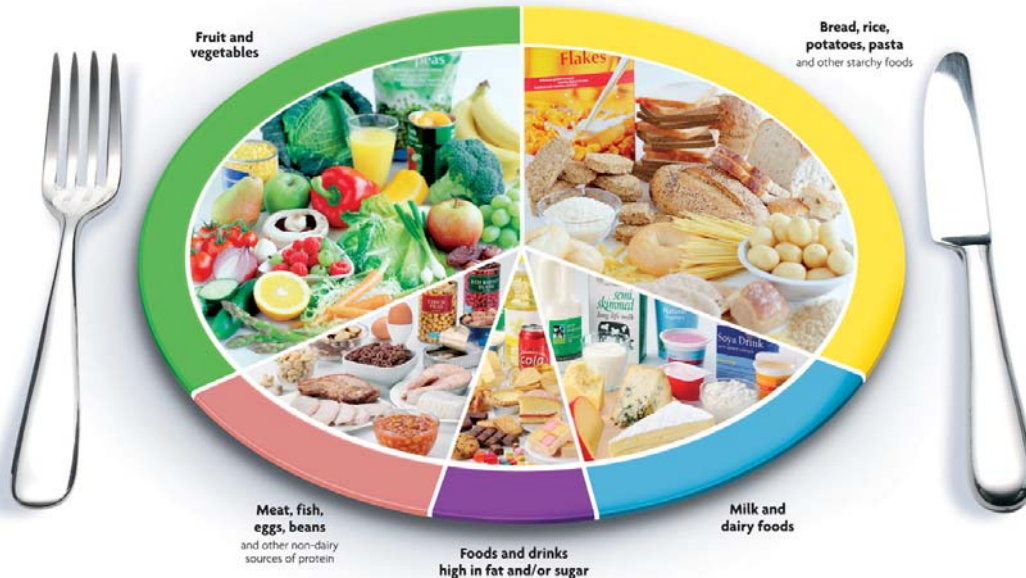







# Lunchbox checklist

## The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



## Have you got.....

-  A good portion of starchy food, e.g. thick wholemeal bread, chapatti, pitta pocket, pasta or rice salad?
  -  Plenty of fruit and vegetables, e.g. an apple, satsuma, handful of cherry tomatoes, carrot sticks, mini can of fruit chunks in natural juice or small box of raisins?
  -  A portion of milk or dairy food, e.g. individual cheese portion or pot of yogurt?
  -  A portion of lean meat, fish or alternative, e.g. ham, chicken, beef, tuna, egg, hummus or bean/lentil salad?
  -  Fancy a treat? From time to time a slice of fruit or carrot cake, a hotcross bun, scone, fruit loaf or flapjack
- A drink – e.g. unsweetened fruit juice, semi-skimmed milk or water