

## EVERYDAY

### Snacks



### Lunch



### Drinks



## SOMETIMES

### Snacks



### Lunch



### Drinks

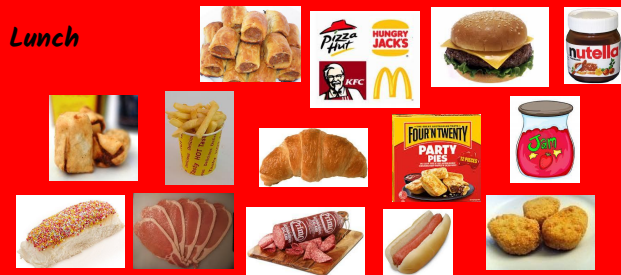


## NEVER AT SCHOOL

### Snacks



### Lunch

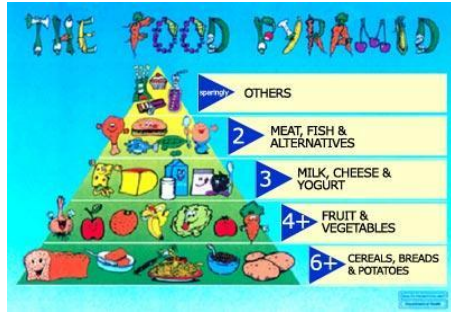


### Drinks



## Food Guidelines

Each day choose a variety of foods from the green and yellow lists. These foods come from the five food groups and provide nutrients the body needs.



## Understanding Food Labels

**Saturated Fat** - Less than 3g per 100g is best

**Sugars** - Less than 15g per 100g is best.  
Other names for sugar are: dextrose, fructose, glucose, maltose and sucrose.

**Sodium (Salt)** - Less than 400mg per 100g is best

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

## A Healthy Lunchbox

FOR A HEALTHY LUNCHBOX **PICK & MIX**  
SOMETHING FROM EACH GROUP 1-6!



Developed in conjunction with the Achievement Program to support a whole school approach to healthy eating.

## Brain Food

**Only raw FRUIT and VEGETABLES**



Eaten at any time  
during the morning  
and middle block of  
learning.



## Useful websites

<http://www.nutritionaustralia.org>  
<http://www.education.vic.gov.au/Documents/school/principals/manageme nt/gfylplanpost.pdf>