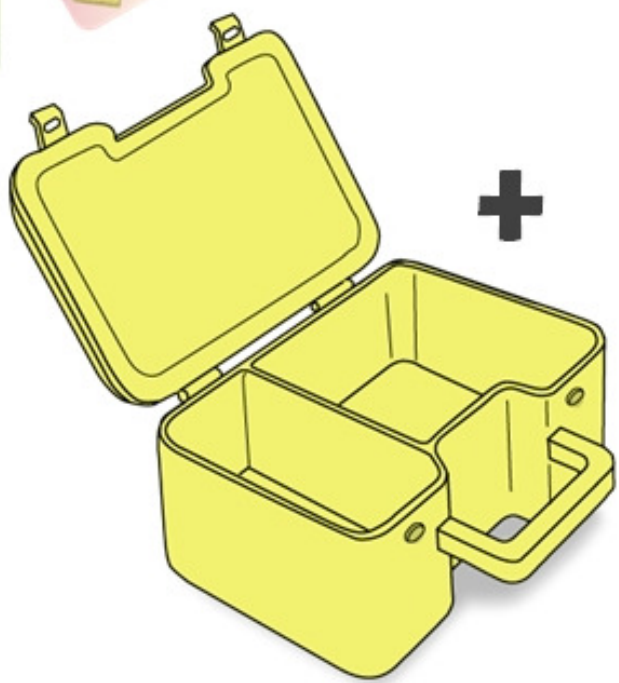
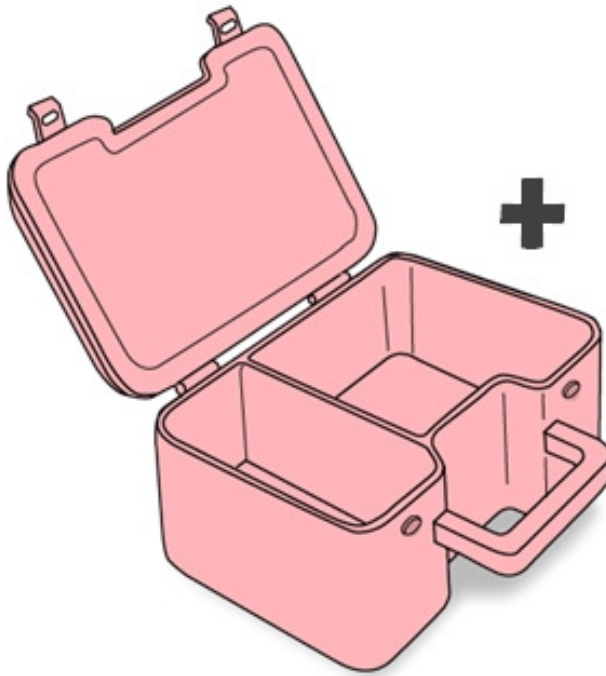


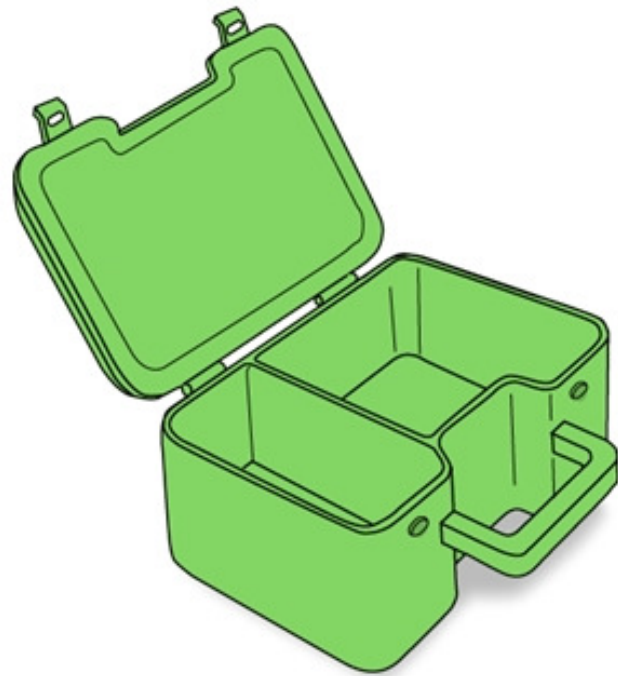
# A healthy lunch box has...



+



+



1

1

1 or 2

**ENERGY** food

**BODY BUILDING**  
food

**PROTECTIVE**  
foods

... & a **Healthy** DRINK

# Healthy Lunch choices



For:

# Energy

# Body building

# Protection



LUNCH BOX

# Energy FOODS

Which foods could I choose?



High fibre cereal  
**Wheat Biscuit**

**Oats**

*Fruit Bran*  
40g

**Energy**

# LUNCH BOX



# Body building FOODS

Which foods could I choose?



# Protective

FOODS

Which food could I choose?



LUNCH BOX



# MIXED FOODS

Would I choose these pizzas?



LUNCH BOX



# MIXED FOODS

Would I choose these salads?



LUNCH BOX



# MIXED FOODS

Would I choose these sandwiches?







# MIXED FOODS

Would I choose these hamburgers & rissoles?

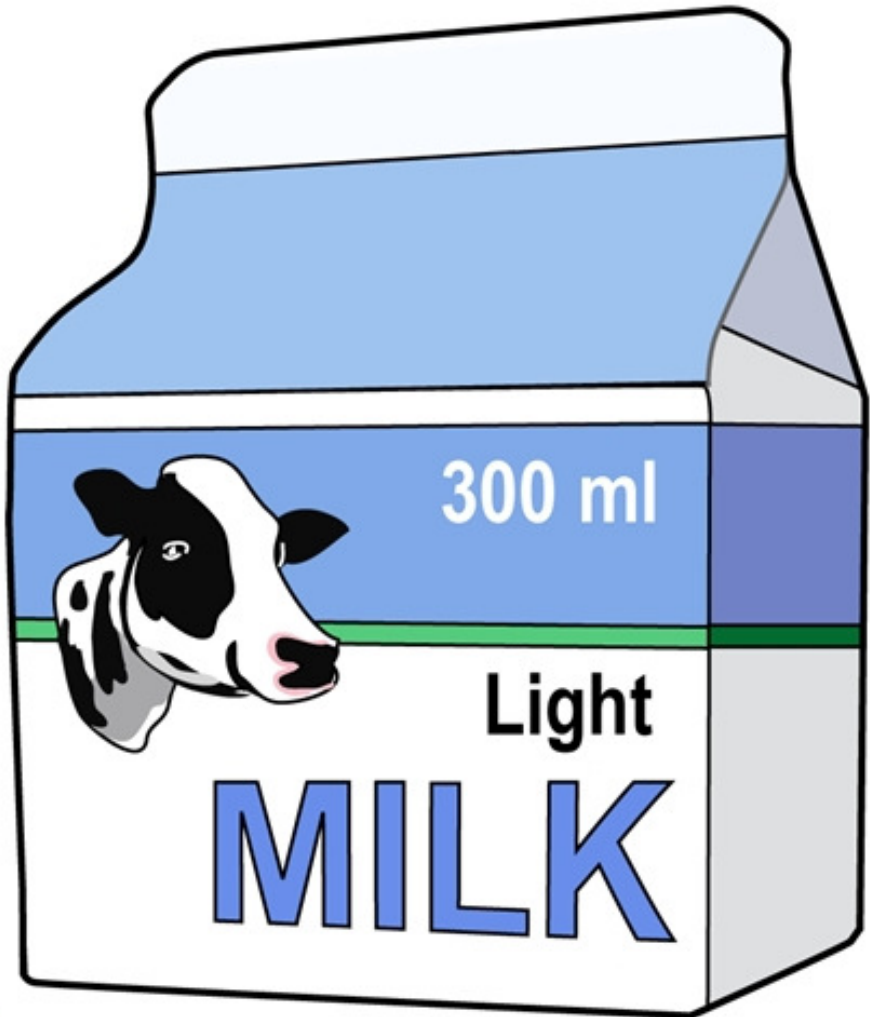


LUNCH BOX



# HEALTHY DRINKS

Which drinks would I choose?



LUNCH BOX



# Problem FOODS

Which foods would I avoid?



Too much SUGAR, SALT or Saturated FAT

LUNCH BOX



# Problem DRINKS

Which drinks would I avoid?



Too much SUGAR

There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must use your own professional judgement when using this resource

### Purpose of resource:

To promote eating protective foods like fruit & vegetables.

Adults (Daily Intake Australian Dietary Guidelines – summary)

**Fruit** – 2 serves for adults

**Vegetables** – 5 serves for women, 6 – 6.5 serves for men, 5 serves for pregnant women, 7.5 serves for breast feeding women.

Children (Daily Intake Australian Dietary Guidelines – summary)

**Fruit** – 1 serve for boys & girls (2-3 years), 1.5 serves for boys & girls (4-8 years), 2 serves for boys & girls (9-11 years)

**Vegetables** – 2.5 serves for boys & girls (2-3 years), 4.5 serves for boys & girls (4-8 years), 5 serves for girls (9-18 years), 5 serves for boys (9-11 years), 5.5 serves for boys (12-18 years)

To connect examples from the CDRO picture recipes with choices needed to get the recommended daily intakes for: Energy, Body Building & Protective food groups.

### Target group:

This resource is designed to be used by Australians of all ages.

### Notes:

You may not find all the posters appropriate for some age groups. You will need to choose the most appropriate posters for your purposes. Example : the alcohol drinks poster may be more appropriate for adolescents & young adults of both sexes.

This resource is designed to be printed A3 size and then laminated.

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