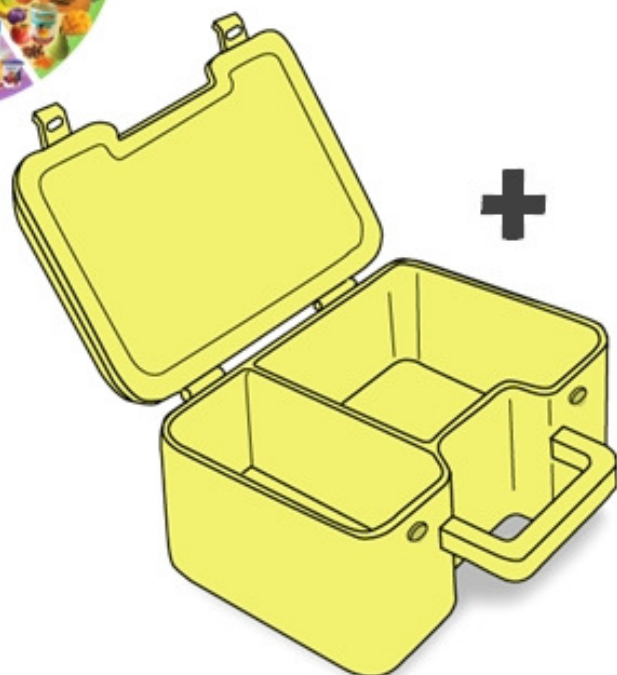




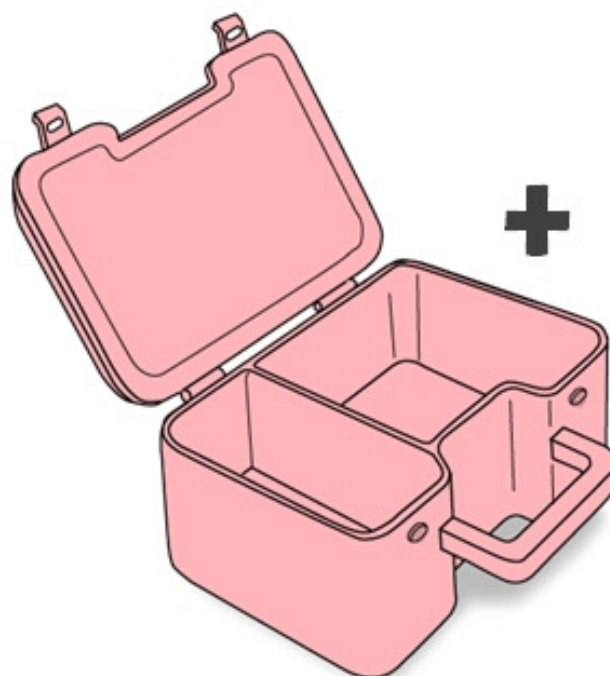
# A healthy lunch box has...



1

Cereal food

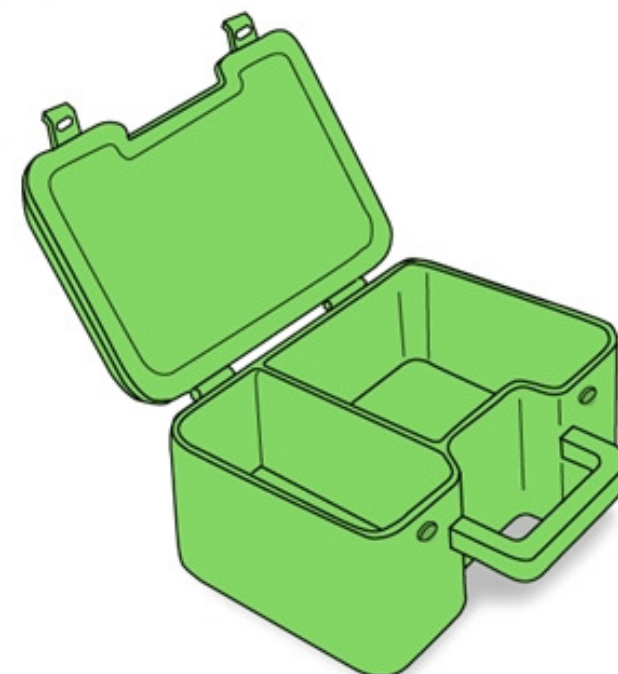
+



1

Meat or Dairy  
food

+



1 or 2

Fruit & FREE  
VEGETABLE foods

... & a **Healthy DRINK**

# Australian BREAKFAST Choices

For:

● **Cereal**

● **Meat** or

**Dairy**

● **Fruit** or

**Vegetable**



# Cereal FOODS

Which foods could I choose?



Cereal foods



Australian  
LUNCH

# Meat or Dairy FOODS

Which foods could I choose?



# Fruit & FREE vegetables

FOODS

Which food could I choose?



Australian  
LUNCH



# MIXED FOODS

Would I choose these pizzas?



Australian  
LUNCH



# MIXED FOODS

Would I choose these salads?





# MIXED FOODS

Would I choose these sandwiches?







# MIXED FOODS

Would I choose these hamburgers & rissoles?

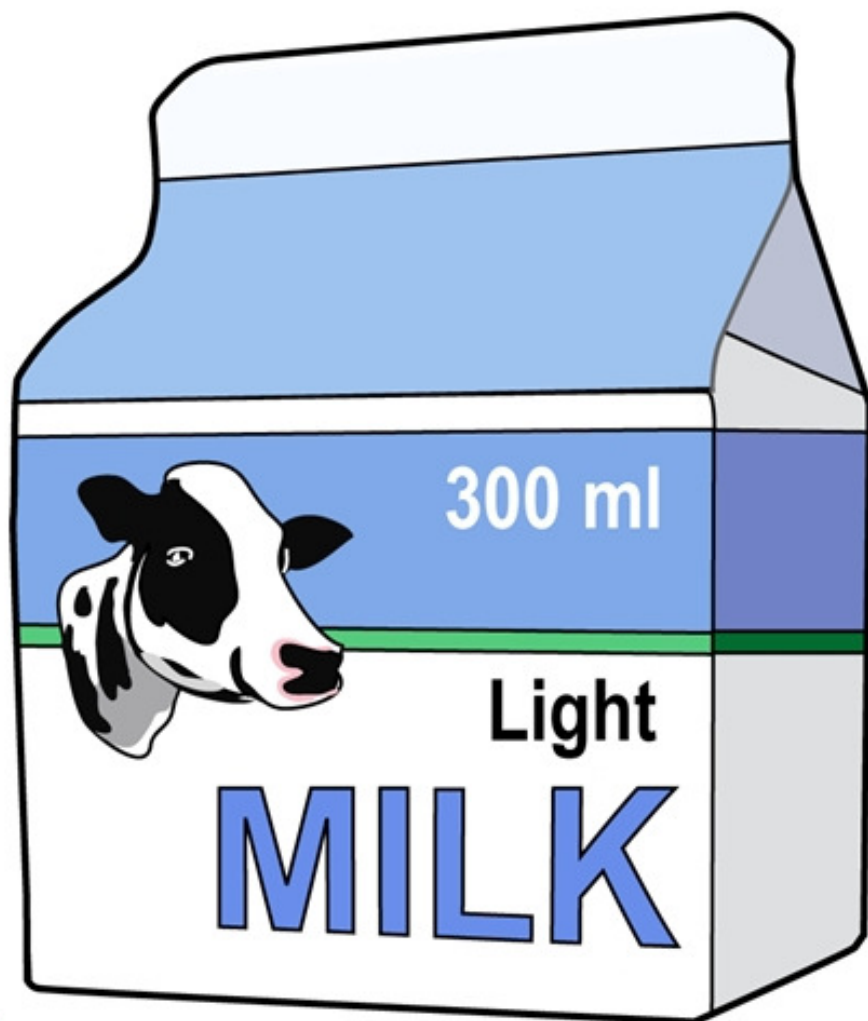


Australian  
LUNCH



# HEALTHY DRINKS

Which drinks would I choose?





# Problem FOODS

Which foods would I avoid?



Too much **SUGAR**, **SALT** or **Saturated FAT**

Australian  
LUNCH



# 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: Cereals, vegetables, fruit, dairy & protein.

### 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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