



HOW TO BUILD A HEALTHY LUNCH

.....

Nutrition and Healthy Eating
for Children (ages 3-5)

.....



Maribyrnong
CITY COUNCIL

HEALTHY LUNCH TIPS

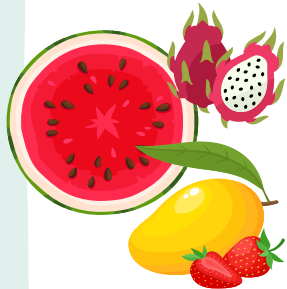
- INCLUDE ALL OF THE 5 FOOD GROUPS
- INVOLVE YOUR CHILD IN SELECTING FOODS FROM THE FIVE FOOD GROUPS TO INCLUDE IN THEIR LUNCH AND SNACK OPTIONS
- VARIETY IS KEY! REMEMBER TO INCLUDE DIFFERENT COLOURS AND FLAVOURS

THE '5 FOOD GROUPS' TO INCLUDE IN YOUR LUNCH

1

FRUIT

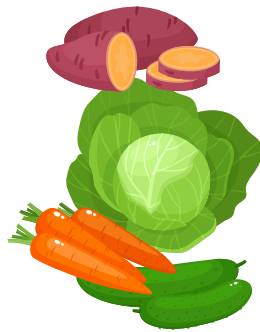
Examples:
mango,
watermelon,
dragon fruit,
strawberries



2

VEGETABLES

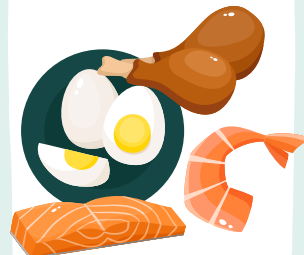
Examples:
carrot, cucumber,
cabbage, yam
bean sticks



3

MEAT AND/OR PROTEIN RICH FOODS

Examples:
chicken, fish,
eggs, tofu



4

DAIRY FOODS AND/OR ALTERNATIVES

Examples:
plain yoghurt,
soya bean milk,
cheese



5

GRAIN (CEREAL) FOODS

Examples:
rice, noodles,
banh mi



Foods that do not fall within the '5 Food Groups' are **sometimes foods** and are not essential for the healthy growth and development of your child.

EXAMPLES OF PORTION SIZES

- **Fruit:** 1 piece of fruit (150g fresh fruit) or occasionally, 30g dried fruit
- **Vegetables:** ½ cup cooked vegetables (75g) or 1 cup of fresh salad vegetables
- **Protein:** 65g cooked meat, 80g cooked chicken, 100g cooked fish, 1 cup canned legumes, 2 large eggs, 170g tofu
- **Dairy:** 1 cup milk (250ml), 200g plain yoghurt, 40g hard cheese or 120g soft cheese
- **Grains:** 1 slice of wholemeal bread, ½ cup cooked rice/pasta/noodles

DRINK
PLENTY OF
WATER





HEALTHY LUNCH CHECK LIST

Healthy lunch

- ✓ **Start with vegetables:** select 3 different vegetables
- ✓ **Add a protein rich food:** select 1 type of meat or fish, or alternative such as tofu or legumes
- ✓ **Add some flavour and texture:** select a healthy dressing or crunchy topping
Allergy warning: check your kindergarten/school policy for nuts and other common food allergies beforehand.
- ✓ **Add a grain food:** select 1 wholegrain or wholemeal option

Healthy snack

- ✓ **Add some fresh fruit:** select 1 option, equal to one serve
- ✓ **Add some dairy:** select 1 option, equal to one serve

Tips for food preparation

- ✓ Use an insulated lunchbox with a frozen drink bottle or ice block inside to keep **cold lunch and snack foods cool**
- ✓ Use a thermos to keep **hot lunch and snack foods warm**
- ✓ **Prepare lunch and snacks in advance** and store them in the freezer until they are needed

Remember

- ✓ **Variety is the key!** Always choose a variety of foods from the **5 food groups** to include in your child's lunchbox every day. This can help reduce their consumption **of sometimes foods**.
- ✓ **Involve your child** in selecting a variety of healthy foods from the **5 food groups** to include in their lunchbox. This helps to develop your child's knowledge of food and will encourage them to make lifelong healthy food choices.

HEALTHY LUNCH AND SNACK IDEAS

Lunch ideas

- Rice paper rolls with fillings, including:
 - › Chicken, lettuce, carrot and tomato
 - › Pork, prawn, cucumber, carrot and shiso leaf
 - › Avocado, cabbage, carrot and sprouts
- Fried rice or noodles with protein and vegetables, including:
 - › Protein, equal to one serve: egg, meat (pork or chicken), tofu or fish
 - › 3 different vegetables: for example, mushrooms, bok choy and carrots

TRY NOT TO
INCLUDE SWEET
FILLINGS



Snack ideas

- 1 serve of fresh fruit
- Vegetable sticks (e.g. carrot or cucumber)
- 1 small tub (200g) of unflavoured yoghurt

TRY NOT
TO INCLUDE
PACKAGED
SNACK FOODS



Drinks

Water is the best drink of choice for your child. Aim to include a water bottle in your child's lunchbox every day.



TRY NOT TO
INCLUDE SWEET
DRINKS

This resource has been developed by Maribyrnong City Council in collaboration with an Accredited Practicing Dietitian and in consultation with health education staff from the Multicultural Centre for Women's Health.

The content in this resource is for information purposes only and is not intended to replace individual advice provided by your health professional. Maribyrnong City Council and The Multicultural Centre for Women's Health shall not bear any liability for any harm to body or health received as a result of reliance by any user on the information included in this resource.