

How to pack a healthy lunchbox

A balanced lunchbox should contain:

① Starchy foods, like bread, rice, potatoes or pasta



② Protein foods like meat, fish, eggs or beans



③ A dairy item, like cheese or yoghurt



④ Vegetables or salad and a portion of fruit



<https://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide>