



www.wholekids.com.au

Have you packed a balanced lunch?

- Carbohydrate
 Protein
 Dairy
 Veggies
 Fruit

Head to www.wholekids.com.au/resources for more info on child nutrition

Does your lunch box look like this?

green apples, avocado, cucumber, celery | **GREEN** | kiwi, broccoli, lettuce, peas, edamame
 grapes, cabbage, plums | **YELLOW/ORANGE** | pumpkin, capsicum, raspberries
 banana, carrot, orange, strawberries | **RED** | watermelon, eggplant, lemon, pineapple
 mushrooms, garlic | **BLUE/PURPLE** | eggplant, fig, onion
 tomato, carrot, plum | **WHITE/CLOURLESS** | cauliflower, potato

Remember to eat a Rainbow!