

# 5 steps to a healthy packed lunch

1

## Starchy carbohydrates



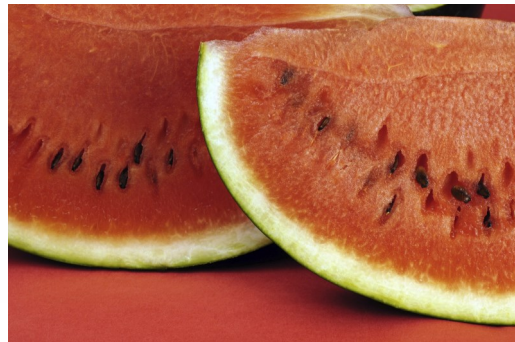


# Protein



## Fruit & vegetables

3



**Add at least one piece of fruit plus  
salad and/or vegetables**

## Dairy

4



## Water

5



# Example 1



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OR



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**Example 2**



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