



HEALTHY LUNCHBOX IDEAS FOR FILIPINOS

Health New Zealand
Te Whatu Ora


Go Food




Pan de sal or any bread




Rice




Small pancakes



Puto



boiled corn



Crackers

Grow Food



Egg



Yoghurt



Nuts



Tuna



Chicken



Lean meat



Cheese pimiento

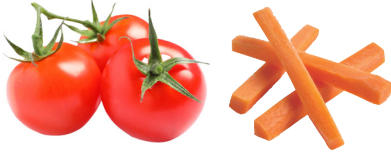


Low fat cheese



Peanut butter


Glow Food



Vegetables




Papaya



Pineapple



Orange



Strawberries



Melon




Watermelon



Banana



Apple




Canned fruit




Grapes

Drink



Low fat



Water

Packing a healthy lunchbox

for our children in New Zealand can be challenging at times. To make it easier, aim to include foods from each of these food groups:

- Go foods for energy
- Grow foods for growth and development
- Glow foods for protection against sickness
- A drink: low fat milk or water

Lunchbox Ideas

A



Cheese pimiento pandesal



Yoghurt



Carrot



Apple



Low fat milk

or



Water

B



Rice



Pork embutido with vegetables



Canned fruit



Low fat milk

or



Water

C



Boiled corn



Crackers



Tuna



Yoghurt



Banana



Low fat milk

or



Water

Food for reheating:

Find out if your child's preschool or school is able to reheat food so your child can enjoy something hot at lunch time. Make sure the food item is packaged suitably for reheating and labeled with your child's name.

Sugary foods and drinks are not good for teeth.

They are best left out of the lunchbox and offered only occasionally with main meals.



Soft drink



Fruit juice



Flavoured milk



Muesli bars



Cake



Chocolate bar

For a healthy smile

Remember to assist your child in brushing their teeth morning And night using a fluoride toothpaste.