



# Your lunchbox questions answered



This resource was developed by Western Sydney Local Health District



## How do I pick a healthy yoghurt?

Choose natural or greek yoghurt and add your own chopped fruit. For flavoured varieties look for yoghurt labelled 'no added sugar' and read the ingredients to check that sugar is not listed in the top 3.



## How do I stop chopped fruit from going brown?

Squeeze the juice of a lemon or orange on the cut fruit.



## How often can I pack processed meat?

Cold meats such as ham, devon & chicken loaf have preservatives. Eating processed meat daily is linked to an increased risk of cancer. Limit to 2 times per week and try cheese, tuna, roast chicken & other proteins.



## How do I keep my child's lunch cool?

Add a cold bottle of water, ice pack or freeze dairy products such as yoghurt the night before.



## What about fruit juice?

Water (or milk) is the best drink for kids. It's always best to have a piece of fruit rather than a glass of juice. Fruit has more goodness, like fibre, and less sugar than juice. Aim for 2 pieces of fruit a day.



## What if food comes home uneaten?

It's normal and part of your child learning about food. Don't give up. Remember, variety is important to keep kids interested.



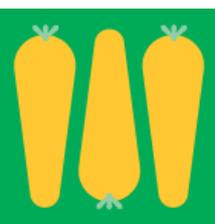
## Are canned and frozen fruit and vegetables healthy?

Canned and frozen varieties are healthy too –remember to choose canned veg with 'no added salt' or 'reduced salt' e.g. baked beans or corn and canned fruit in 'juice' or 'natural juice' not 'syrup'.



## What about muesli bars?

Muesli bars often contain added sugars. Read the label and choose those with less than 15g of sugar per 100g.



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