

# For a healthy balanced lunchbox, aim to include something from each of the 5 food groups below:

FRUIT	
Apple	Nectarine
Apricot	Orange
Banana	Passionfruit
Blackberries	Pawpaw
Blueberries	Peach
Cherries	Pear
Custard apple	Persimmon
Fig	Pineapple
Grapes	Plum
Grapefruit	Pomegranate
Honeydew melon	Raspberries
Kiwifruit	Rockmelon
Lychee	Star fruit
Mandarin	Strawberries
Mango	Tangelo
Nashi	Watermelon

GRAINS	
Wholemeal bread	Pasta
Wholegrain bread	Noodles
Rye bread	Rice
Pita bread	Barley
Lavash bread	Corn
Naan bread	Polenta
Crispbreads	Wheat
Wholegrain flaked or puffed breakfast cereal	Buckwheat
Oats	Spelt
Muesli (no added sugar)	Millet
Wholewheat biscuits	Sorghum
English muffins	Triticale
Rice cakes	Rye
Wholegrain crackers	Quinoa
Popcorn	Semolina
	Couscous
	Bulgur

DAIRY	
Cheese	NON DAIRY ALTERNATIVES
Cream cheese	Soy products*
Yoghurt	Milk alternatives*
Milk	Yoghurt alternatives*
	Almonds
	Sardines
	Canned pink salmon with bones
	Firm tofu

\*To be a suitable dairy alternative, products must be fortified with a minimum of 100mg of calcium per 100ml

PROTEIN	
ANIMAL BASED	PLANT BASED
Beef	Almonds
Lamb	Brazil nuts
Veal	Pine nuts
Pork	Walnuts
Eggs	Macadamia
Chicken	Hazelnut
Turkey	Cashews
Fish	Peanuts
Seafood	Pepitas
Sausages*	Sesame seeds
Meatballs	Sunflower seeds
Burger patties	Chia seeds
Roast meat	Legumes
	Beans
	Lentils
	Chickpeas
	Split peas
	Tofu

\*Choose a sausage with a high meat content that is low in saturated fat and sodium.

VEGETABLES	
Asparagus	Lentils
Avocado	Lettuce
Beans	Mushrooms
Beetroot	Onion
Bok Choy	Parsnip
Broccoli	Peas
Brussels sprouts	Potato
Cabbage	Pumpkin
Capsicum	Radish
Carrot	Snow peas
Cauliflower	Spinach
Celery	Squash
Chickpeas	Swede
Corn	Sweet potato
Cucumber	Tomato
Eggplant	Turnip
Kale	Zucchini
Legumes	

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