

# What does a balanced LUNCHBOX look like ?



**Expert Advice from Dr Lisa Gatenby, registered nutritionist.**

“Remember that packed lunches always need to contain one fruit and one vegetable portion. There also needs to be a portion of dairy in each lunch box, so I'd suggest a yoghurt – always choose Greek or natural yoghurt as the flavoured ones always contain added sugar!

It can be nice to have a main option that isn't a sandwich to show children how lunches can vary, why not try pasta or couscous instead of bread?”

Content reviewed by registered nutritionist, Dr Lisa Gatenby. All content published by Nutritionist Resource is provided for general information purposes only, and should not be treated as a substitute for advice given by your GP or any other healthcare professional.



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