

# Healthy lunchbox

Variety is key to healthy eating for your toddlers.

Planning meals and snacks to include a variety of food and drinks from these food groups each day will provide your little ones with the good balance of nutrients they need to flourish and thrive!



Pick one food type from each box and remember to mix it up each day:

## STARCHY CARBOHYDRATES

\*Choose Wholemeal/high fibre options where possible



## PROTEINS

\*e.g. Meat, fish, beans, pulses, tofu



## VEGETABLES



## FRUIT



## FOR STRONG BONES

\*e.g. milk, yoghurt, soya/pea milk



REMEMBER A DRINK  
AND BE KIND TO  
YOUR TEETH



<https://foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>



<https://www.nhs.uk/start4life/weaning/>



**DARLINGTON**  
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