DOES YOUR LUNCH INCLUDE?

(Double-click the checkbox to change the default value to ‘Ticked’.)

|  |  |
| --- | --- |
|  | 1. A match to the proportions of the **Eatwell Plate**\*. |
|  | 1. Complex (starchy) carbohydrates over simple (sugary) carbohydrates for sustained energy. |
|  | 1. Sources of protein. |
|  | 1. Unsaturated rather than saturated fats. |
|  | 1. A source of water from a non-caffeinated drink. |
|  | 1. A source of calcium from dairy or enriched alternative. |
|  | 1. Colours provided by at least two types of fruit or vegetables. |
|  | 1. A little sweet treat. |

**USEFUL RESOURCES**

**Eatwell Guide Webpage:**

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

**Eatwell Guide Diagram\*:** [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/ attachment\_data/file/528193/Eatwell\_guide\_colour.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf)

**Eatwell Guide Booklet:** [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/ attachment\_data/file/742750/Eatwell\_Guide\_booklet\_2018v4.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/742750/Eatwell_Guide_booklet_2018v4.pdf)

CHECKLIST

**HEALTHY LUNCH**