

HEALTHY LUNCH CHECKLIST ✓

DOES YOUR LUNCH INCLUDE?

- 1. A match to the proportions of the **Eatwell Plate***.
- 2. Complex (starchy) carbohydrates over simple (sugary) carbohydrates for sustained energy.
- 3. Sources of protein.
- 4. Unsaturated rather than saturated fats.
- 5. A source of water from a non-caffeinated drink.
- 6. A source of calcium from dairy or enriched alternative.
- 7. Colours provided by at least two types of fruit or vegetables.
- 8. 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

Eatwell Guide Booklet:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/742750/Eatwell_Guide_booklet_2018v4.pdf

