

# A healthy lunchbox in 5 steps

**1. Fill up on starchy foods** by making a sandwich with bread, pitta or a roll, or make a salad with pasta, potato, couscous, lentils, rice or chickpeas.



**2. Add a piece of fruit and add salad to a sandwich or eat vegetable sticks as a snack.**



**3. Add a little protein to sandwiches or salad.**



**4. Include yoghurt or cheese as a snack.**



**5. Pack water.**

