



Healthy Food Swaps

SWAPS AND TIPS FOR A BALANCED LUNCHBOX

Swap This

For This

Sweet Biscuits



Pikelets

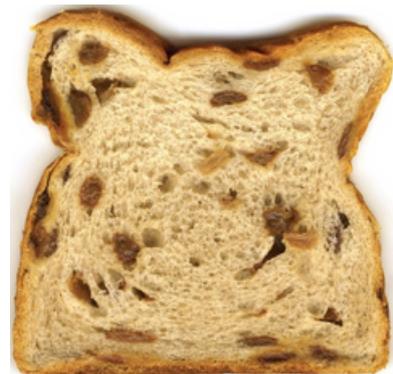


Add fruit or veggies to the pikelet mixture for a yummy snack!
Try blueberries, carrot, zucchini or corn.

Sweet cakes, muffins
& slices



Raisin bread



Sweeten homemade muffins with fruit instead of large amounts of added sugar.

Muesli bars



Fruit & yoghurt



If using tinned fruit, look for options which are in natural juice, not in syrup.

Fruit bars & straps



Fruit kebabs



Fruit bars are high in sugar, sticky, and can increase the risk of tooth decay.

Savoury biscuits high in saturated fat or salt*



Veggie sticks & dip



Serve veggies with vegetable or yoghurt based dips such as hummus or tzatziki. Include different colours and types of veggies that are in season.

*Examples include Saos and most Jatz and Shapes varieties



Artwork: 'The Heart of a Child'
Worimi Artist Lara Went



Crackers & processed cheese dip packs



Crackers & cheese



Choose wholegrain crackers or crispbreads and boost veg intake by adding veggie slices.

Potato chips



Air-popped plain popcorn*



Buttered, salted, or flavoured popcorn is best left out of the lunchbox.

*Popcorn can be a choking risk, especially for children under 4 years

Corn chips



Corn thins or rice cakes



Make your own "chips" by baking wholemeal pita bread with a small amount of oil and spices.

2 minute noodles & noodle snacks



Rice dish with veggies & lean meat



Grains such as rice provide protein, fibre, carbohydrates & various vitamins & minerals.

Cheese & bacon scroll/roll



Baked beans on toast or English muffin



Buy reduced salt baked beans if available.

Sausage rolls & other pastries



Meatballs



For meatballs, use lean mince & add grated veggies such as carrot, zucchini & onion.

Luncheon / Deli meats



Salad sandwich with lean meat such as chicken



Devon, salami, & fritz are best left out of the lunchbox. Instead, choose lean meats such as chicken, beef, lamb, pork, tuna or salmon.

Fruit juice



Water



Water is the best drink when you're thirsty. Add mint, lemon, lime, or fruit to water for flavour!

Flavoured milk



Plain milk



Milk is a great source of energy, calcium and protein!