Lunchbox Builder

Use this flow chart to build a healthy lunchbox!

Write down or draw the food or drink that you are going to include in each box

BRITISH Nutrition FOUNDATION

Base on starchy foods

Main item

Include a source of protein

Include a fruit or vegetable

Is there a dairy food in the main item?

No

Yes

Dairy food

(or non-dairy alternative)

An extra fruit or vegetable

Drink

Freeze a bottle of water to act as an ice pack and it will melt in time for lunch!

You could also add a healthy snack, such as:

- Whole or sliced fruit
- Vegetable sticks
- Bag of plain popcorn
- Bread sticks
- Rice or corn cakes

Your healthy lunchbox

Health & care information you can trust

The Information Standard — Certified Member

This resource is designed for consumers who want to find out more about healthy eating. Last reviewed December 2016. Next review December 2019.