

Sugar content of drinks



Flavoured milk
(250ml)
Contains calcium for strong teeth and bones



Cordial / powdered drinks
(250ml)



Fruit juice
(400ml)



Energy drinks (350ml)
Contains caffeine which is unsuitable for children



Blackcurrant drinks (330ml)



Sports drinks
(750ml)



Fizzy / soft drinks
(600ml)



Drink everyday



Water
No fat or sugar



Milk (250ml)
Contains calcium for strong teeth and bones

Every day your child needs at least

- **3 servings** of vegetables
- **2 servings** of fruit
- **5 servings** of breads, cereals, rice or pasta
- **1 serving** of lean meat, seafood, eggs or dried beans
- **2 servings** of milk and dairy products



A serving size is about a handful. This means an adult serve is much bigger than a child's.



Snack Facts

Bite sized bits about snacks

TDHB 10-2013



www.tdhb.org.nz

Taranaki Together, a Healthy Community
Taranaki Whanui He Rohe Oranga

Frozen drinks in the lunchbox are a great way to keep everything cold

Produced by the Taranaki District Health Board
Public Health Unit
Phone 06 753 7799
Email resource.room@tdhb.org.nz

Eat everyday



Fruit & vegetables
No fat or added sugar



Rice crackers (x6)
No fat or added sugar



Plain popcorn
(12g packet)
No fat or added sugar



Crackers & cheese spread
(22g packet)
Contains calcium for strong teeth and bones



Yoghurt (150g pottle)
Contains calcium for strong teeth and bones



Dairy food (150g pottle)
Contains calcium for strong teeth and bones



Sandwiches
Healthy fillings provide a wide range of vitamins and minerals with very little fat or sugar

Eat sometimes



Plain biscuits
(x4)



Homemade muffin
(50g muffin)



Nuts and dried fruit
(25g/handful)



Mini pizza
(100g)



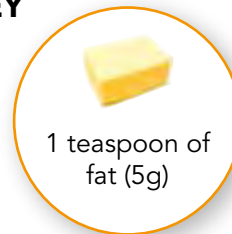
Plain iceblock
(75-100g)



KEY



1 teaspoon of sugar (5g)



1 teaspoon of fat (5g)

Eat less than once a week



Potato chips (40g packet)



Other chips
(40g packet)



Rice, cereal or popcorn bars
(25g bar)



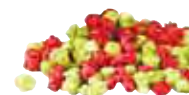
Muesli bars
(30g bar)



Fruit rolls/leathers/bars
(16g-20g bar)



Fruit-jelly pots
(120g pottle)



Caramel/flavoured popcorn (15g packet)



Chocolate biscuits
(x2)



Large cookies
(85g biscuit)



Swapping white bread for wholegrain will boost vitamins and fibre in the lunchbox.

Keep it interesting - include a wide variety of foods in child friendly portions.

When selecting lunchbox snacks, look on the labels for less than 10g of fat per 100g and less than 10g of sugar per 100g.