

Healthy Lunchbox Ideas for Filipinos

Go Food



pan de sal or any bread



small pancakes



boiled corn



rice



puto



crackers

Grow Food



egg



tuna



cheese pimiento



yoghurt



chicken



low fat cheese



nuts



lean meat



peanut butter

Glow Food



vegetables



pineapple



melon



apple



orange



watermelon



canned fruit



papaya



strawberries



banana



grapes

Drink



low fat



water

Packing a healthy lunchbox

for our children in New Zealand can be challenging at times. To make it easier, aim to include foods from each of these food groups:

✚ **Go foods** for energy

✚ **Grow foods** for growth and development

✚ **Glow foods** for protection against sickness

✚ **A drink:** low fat milk or water

Lunchbox Ideas

A



cheese pimiento pandesal



yoghurt



apple



carrot



low fat milk

or



water

B



rice



pork embutido with vegetables



canned fruit



low fat milk

or



water

C



crackers



boiled corn



tuna



yoghurt



banana



low fat milk

or



water

Food for reheating:

Find out if your child's preschool or school is able to reheat food so your child can enjoy something hot at lunch time. Make sure the food item is packaged suitably for reheating and labeled with your child's name.

Sugary foods and drinks are not good for teeth.

They are best left out of the lunchbox and offered only occasionally with main meals.



soft drink



fruit juice



Flavoured milk



muesli bars



cake



chocolate bar

For a healthy smile remember to assist your child in brushing their teeth morning AND night using a fluoride toothpaste.

This handout was developed in consultation with Filipino parents and children living in Christchurch. Acknowledgement to these families and to TOOTi, D.M.D (Duty to Maintain Dental Health) for their contribution