

Lunch Box Audit Findings - Watlington

Community
Dental
Services

Only 13% of lunchboxes contained foods from all food groups.

88% of lunch boxes contained more than 2 items that are high sugar/high fat.

63% of lunchboxes contained more than the recommended daily amount of sugar for a 4 year old (19g).

25% of lunch boxes contained 1 or 2 items of ultra-processed foods.

A huge 75% of lunch boxes contained 3 or more ultra-processed items of food.

75% of lunch boxes contained over the recommended 400 calories for a lunch box for a 4 year old.

100% of lunch boxes contained over half the RDA of 19g of added sugar.

88% of lunch boxes contained over a third of the RDA of fat for 4 year olds.

100% of lunch boxes contained ultra-processed foods, and 63% of all items in lunch boxes were ultra-processed foods.

To find out more about balanced diets and healthy lunch box ideas, visit the nutrition page on our website by scanning the QR code:

