

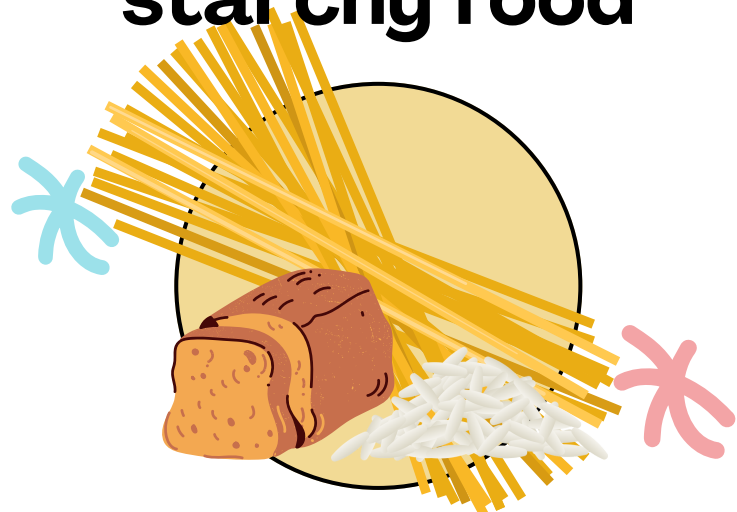
WATLINGTON LUNCH BOX AUDIT THE RESULTS

A healthy lunch box should contain...



Community
Dental
Services

1 1 or 2 portions of a starchy food



50% of the audited lunch boxes contained a starchy food.

Starchy foods are a good source of energy and the main source of a range of nutrients in our diet

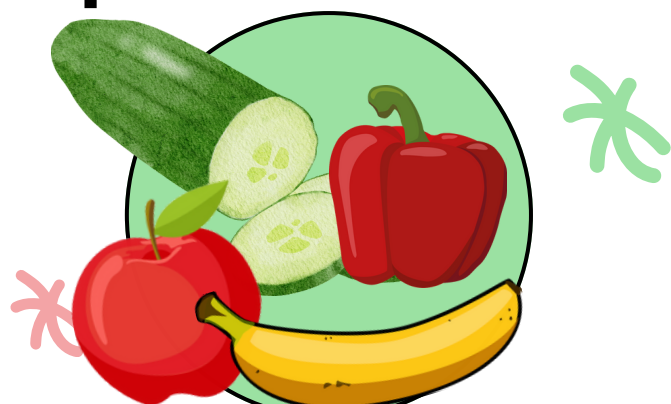
2 1 portion of a protein food



50% of the audited lunch boxes contained a portion of a protein food.

Protein is essential for children's growth, development and overall health.

3 At least 1 portion of veg and at least 1 portion of fruit



Only **25%** of the lunch boxes contained a portion of veg and **63%** contained a portion of fruit.

Fruit and veg is essential in our diet for many reasons, including strengthening the immune system and helping fight illness.

4 At least 1 portion of milk or dairy (or alternative)



Half of the lunches had milk, dairy or an alternative. Dairy products contain calcium and vitamin D, vital for your teeth and bones.

A child's lunch should contain:

- Between 350-400 calories
- 5-6 grams of added sugar
- 12-16 grams of fat
- 75% contained more than 400 calories
- 100% contained over half the recommended daily allowance of sugar
- 88% contained over a third of the recommendation of daily fat
- 88% contained 2 or more high sugar/high fat items.

What is an ultra processed (UPF) food?

- Ultra processed foods have been through a series of processes to make a product last longer, look and taste better, unfortunately, these foods often offer little or no nutritional value and are often high in fat and sugar.
- 100% of audited lunch boxes contain UPF foods, 63% of all the items were UPF
- Spot an ultra processed food by checking the ingredients - something you wouldn't find in a cupboard at home? - It is likely ultra processed!

Find out more:

