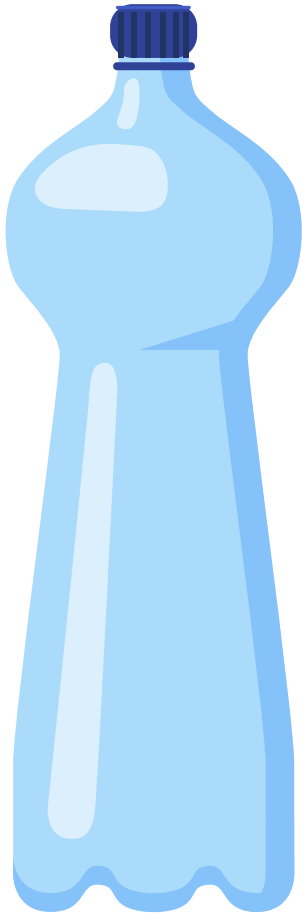


HOW TO BUILD A HEALTHY LUNCH BOX



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CHOOSE SOMETHING FROM EACH OF THE FOOD GROUPS



WATER



FRUITS

Apples Bananas
Oranges Pomegranates
Watermelon



DAIRY

Animal Milk (cow, camel, etc) ,
Yogurt, Cheese, Labneh, Laban,
Dairy free milk (soy, almond, etc) for
the vegetarians



VEGETABLES

Carrot, Cucumber, Bell
Peppers, Zucchini,
Tomatoes



PROTEIN

Lean meat, Eggs, Lentils,
Fish, Chicken



GRAINS

Bread (sliced, khubz,
flatbread,etc) , Pasta, Rice,
Couscous, Vermicelli



FATS & OIL

Nuts, Seeds, Nut Butters,
Olives, Vegetable oil used
for cooking