



Busting lunchbox myths!

Marketing and health claims can make choosing everyday foods very confusing.

Did you know that whilst a muesli bar contains healthy ingredients, the added sugar and fat make it a sometimes food?

Swap from muesli bars to sunflower or pumpkin seeds, roasted fava beans, Weet-bix bites, yoghurt or fresh fruit.



For more lunchbox myth busters, visit:

<http://www.goodforkids.nsw.gov.au/primary-schools/swap-it/mythbusting-prepackaged-foods/>

