

A

Breads & cereals



Flat bread/roti/chapati



Sandwich
with lean meat or cheese
and salad vegetables



Plain crackers



Rice cakes
(no added salt/
flavouring)



Noodles with vege-
tables



Rice with
vegetables



Rice paper rolls



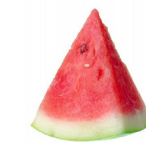
Sushi



Cooked pasta with vege-
tables

Fruits & vegetables

B



Fresh fruit



Tins and tubs of fruit
in natural juice



All vegetable types



C

Reduced fat dairy, meat & alternatives



Milk



Yoghurt



Feta/paneer



Tofu



Tuna



Hard
boiled eggs



Falafel



Cheese



Tip: Pack a
frozen ice brick
to keep food
at safe
temperatures



Water



Dips - tzatziki,
hummus



Plain popcorn

Snacks

D



Dried fruit



Pikelets



Plain rice
crackers



Cheese &
crackers