

Nutrition Snippet

WHOLEGRAINS.



Simple swaps – good for the gut.

Aim to eat at least two-thirds of your breads and cereals as wholegrain or wholemeal foods.

Check out the [healthy lunchbox website](https://www.healthylunchbox.com.au) for more wholegrain inspiration your family will love.

[healthylunchbox.com.au](https://www.healthylunchbox.com.au)



Cancer Council
Healthy Lunch Box