

Healthy lunchbox

It is now fashionable to take a lunchbox to work. But did you know that you should follow some basic rules to prevent contamination and food poisoning?

1. If it takes a long time for you to travel to work, then ideally you should pack your lunchbox in a cool bag. This way the food will be kept at a low temperature, which will prevent changes to the flavour, colour and texture of the food, and can even stop it from spoiling.
2. Don't put fried food or food dressed with sauces or eggs in your lunchbox, as these types of food are more likely to spoil and can contaminate the rest of the food.
3. Never mix salads with other food, since unwashed salads carry greater health risks. Always carry salads in a separate container. Another tip is to only dress the salad just before you eat it.
4. Don't forget that in a healthy lunchbox half the meal should be greens and vegetables, and the other half should be: 1/4 carbohydrates (rice, potatoes or pasta) and the other 1/4 animal or vegetable proteins. And what about dessert? Definitely fruit!

