

**A healthy lunchbox must include a variety of foods.
Mae bocs bwyd iach angen cynnwys amrywiaeth o fwydydd gwahanol.**

Keeping you healthy

Vitamins and minerals

At least 2 portions

You could include fresh or dry fruit, vegetable sticks (carrot, cucumber and peppers) fruit salad, frozen fruit or tinned fruit.



Fitamin a mwynau

O leiaf llond llaw

Gallwch gynnwys ffrwythau ffes neu sych, ffyn llysiau, sala ffrwythau, ffrwaythau wedi rhewi neu ffrwythau tun.

I gadw'n iach



Helping you grow.

Protein

1 small portion

You could include meat, fish, boiled eggs, hummus or nuts.



Protin

1 cyfran bach

Mae angen i chi dyfu.

Gallwch gynnwys cig, pysgodyn, wyau wedi'i ferwi, hwmws neu cnau.

I dyfu

Quenching your thirst

1 drink

Water is important and good for you. It also helps you concentrate.

Include water, smoothie, milk or fruit juice.



1 diod

Mae yfed digon yn bwysig iawn i'r corf. Maen'n eich helpu i ganolbwyntio,

Gallwch gynnwys dwr, smwddi, llaeth neu sudd ffrwyth.

Yfed digon



Giving you energy

Carbohydrate

1 large portion

You could include bread, pitta bread, baguette, wrap, pasta, potatoes or rice.



Carbohydrad

1 cyfran mawr

Rhaid cael egni i weithio a chwarae.

Gallwch gynnwys bara, bara pitta, baget, wrap, pasta, tatws neu reis.

Egni

Strengthening your teeth and bones

Calcium

1 small portion

You need to keep your teeth and bones strong.

You could include cheese. Yoghurt, custard or rice pudding.



Calsiwm

1 cyfran bach

Mae angen cadw eich esgyrn a dannedd yn gryf. Gallwch gynnwys caws, iogwrt, cwstard neu pwddin reis.

I gryfhau eich dannedd ac esgyrn