



Lesson #16 Take Home

Ten Nutritious Lunch Tips

Dear Parents,
Every child's lunch should include whole grains, fruits, vegetables, protein and dairy. Here are some fun and nutritious lunch ideas for kids and families to enjoy!

- Choose whole grain breads and crackers instead of white bread
- Include one piece of fruit and at least one vegetable with every lunch.
- Cut up raw vegetables and store in snack bags or containers to have for the week. Try baby carrots, bell peppers and cucumbers.
- Try a tuna sandwich on pita with light mayonnaise, lettuce and tomatoes.
- Have lunchmeat "roll-ups" with lettuce and low-fat cheese.
- Freeze your favorite low-fat yogurt or yogurt stick and it will be defrosted and ready to eat by lunchtime.
- Choose to have milk with lunch instead of juice, sports drinks or soda. Even low-fat chocolate milk is better than no milk.



- Include snacks that contain protein, such as celery and peanut butter or trail mix. Limit sugar foods like fruit snacks and desserts.
- Replace fattening bags of chips with low-fat alternatives, such as rice cakes, popchips or pits chips with hummus.
- Don't forget the rainbow! Include a variety of different colored fruits and vegetables to get the maximum nutritional benefit