

How To Pack A Healthy Lunch

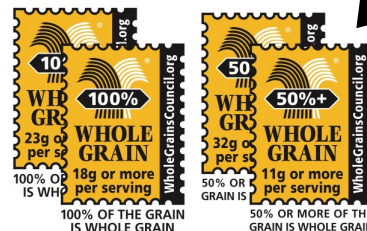
Fruits!

- **Include fruit each day** for lunch.
- **Cut fruits and bite-sized options** may help kids to eat more.
- Avoid whole grapes and dried fruits (like raisins) for children under 4 years because they are a choking hazard - cut them up instead.



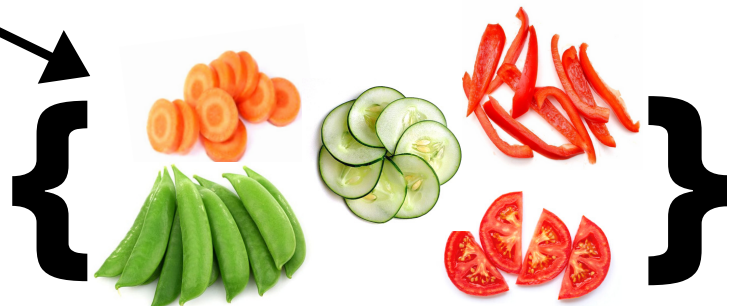
Grains!

- **Include a grain each day** with lunch.
- **Whole grains** have more fiber than refined ones, aim for at least 50% whole grains in breads, crackers, pasta, rice, etc.
- Whole grain products will have the word "**whole**" next to the first grain name on the ingredients panel. Or look for the **whole grain seal**.



Vegetables!

- **Include vegetables each day** for lunch.
- Try **different color vegetables** across the week (eat the rainbow!).
- **Cut, sliced and bite-sized options** may help kids to eat more.
- Raw or cooked vegetables are both great options!

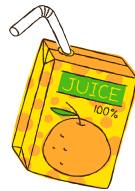


Protein!

- **Include a protein each day for lunch.**
- Aim for a **variety of healthy proteins across the week**, like beans, tofu, eggs, lean meats, poultry, fish, nut butters and nuts/seeds.

Dairy!

- **Whole milk** is best for children under 2 years, and **whole or reduced fat options** are fine for those over 2 years.
- Choose **unsweetened yogurt** OR aim for less than 23 grams of sugar per 6 oz of yogurt.
- Work with a pediatrician to find a substitute if your child has an allergy or they don't eat dairy.



Drinks!

- Send children with a **reusable water bottle**, so they can drink water easily all day.
- Give children **6 oz or less of 100% fruit juice per day**.
- **Provide healthy drinks** like water, milk and small amounts of 100% fruit juice.
- **Avoid sugar-sweetened drinks** like soda, lemonade, sports drinks, etc.

Tasty Ideas!

- Greek yogurt is higher in protein, try an unsweetened option and pair with fruit for a natural sweetness boost!
- Dipping fruits and veggies can make them more appealing, try yogurt based dips, bean dips, nut butters, nut butter dip or hummus!
- Clementines and mandarin oranges are easier for young children to peel themselves than regular oranges.
- Fruit kabobs and vegetable kabobs can make healthy food more fun.
- Add frozen fruit to water to make it more appealing!