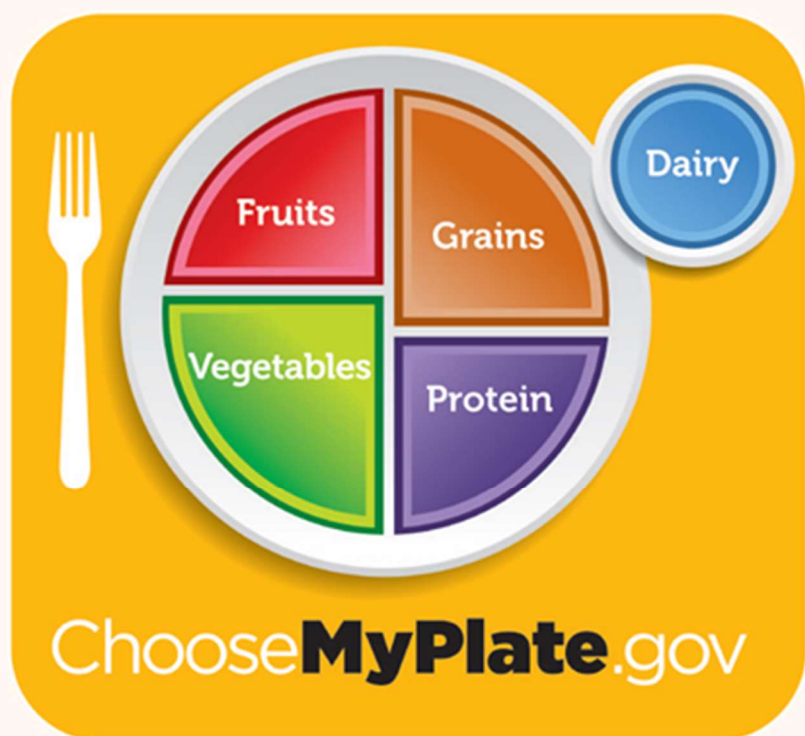


Pack Smart!

Help your kids stay healthy and focused in school—pack them a nutritious lunch. Each lunch should be about $\frac{1}{2}$ **Fruits** and **Vegetables**, $\frac{1}{4}$ **Grain**, and $\frac{1}{4}$ **Protein** with one serving of **Dairy**.

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients like the ones below and let kids help with preparation!



Fruits

Go easy on juice and make sure it's 100%.

Apple
Orange
Pear
Peaches
Grapes
Melon
Dried Fruit

Vegetables

Use dark green and orange veggies.

Broccoli
Carrots
Cauliflower
Red Peppers
Zucchini
Broccoli
Cucumber

Grains

Make half of the grains whole grain.

Whole Wheat Bread
Pita Bread
Brown Rice
Cereal
Pasta Salad
Sunflower Seeds

Protein

Use low-sodium, lean or lowfat meats.

Chicken
Turkey
Fish
Nuts
Seeds
Peas
Beans

Dairy

Choose lowfat or fat-free dairy.

Yogurt
Milk
Cheese

TIP Mix yogurt with cinnamon or garlic to make a delicious dip for fruits or veggies!