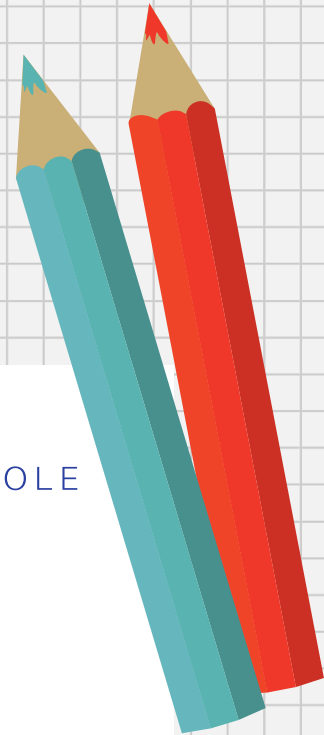


# HOW TO PACK A HEALTHY LUNCH!



IMAGINE A PLATE... 1/2 VEGGIES & FRUITS + 1/4 WHOLE GRAINS + 1/4 PROTEIN PLUS 1 SERVING DAIRY = HEALTHY LUNCH

## VEGETABLES (NON-STARCHY)

- BABY CARROTS
- GARDEN SALAD
- CUCUMBER SLICES
- BROCCOLI OR CAULIFLOWER
- CHERRY TOMATOES
- MINI BELL PEPPERS
- EDAMAME
- SUGAR SNAP PEAS
- CELERY STICKS
- SALSA OR TOMATO SAUCE

## WHOLE GRAINS

- BROWN RICE
- POPCORN
- WHOLE WHEAT PASTA
- WHOLE GRAIN BREAD OR WRAP
- BAKED TORTILLA CHIPS
- WHOLE GRAIN PITA CHIPS
- WHOLE GRAIN CRACKERS
- LOW-SUGAR GRANOLA BAR
- WHOLE GRAIN CEREAL

## FRUITS

- MANDARINS OR TANGERINES
- APPLE
- GRAPES
- BERRIES OR MELONS
- BANANA
- FRUIT CUP IN NATURAL JUICE
- DRIED FRUITS
- NO-SUGAR-ADDED APPLE SAUCE

## LEAN PROTEIN

- TURKEY OR CHICKEN BREAST
- LEAN BEEF OR PORK
- HARD BOILED EGGS
- HANDFUL OF NUTS OR SEEDS
- PEANUT OR ALMOND BUTTER
- HUMMUS
- BLACK BEAN DIP
- TOFU

## DAIRY

- GREEK YOGURT OR SKYR
- COTTAGE CHEESE
- STRING CHEESE
- CHEESE SLICE
- LOW FAT OR FAT FREE MILK

\*\* REMEMBER TO INCLUDE A CARB COUNT FOR EACH INDIVIDUAL ITEM IN THE LUNCHBOX TO HELP YOUR CHILD'S SCHOOL NURSE PROPERLY DOSE INSULIN FOR THE PORTION THAT YOUR CHILD HAS EATEN.

