

NuAct

Waupaca County Nutrition & Activity Coalition



PRESS RELEASE

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LUNCH BOXES NEED HEALTH CHECK-UP

If you or your children are packing lunches for day-camp, a bike trip, hike, play-date, shopping trip or school make sure what you're packing makes the grade. Only one in three packed lunches for kids contain fruit and its rare to see a vegetable included! Leave the packing up to kids and you'll see mostly sweets, chips, and white-bread sandwiches -- all nutritional weaklings. To build a better lunch box, use the U.S. Department of Agriculture's Food Guide Pyramid as a guide. Include fiber-rich carbohydrates for long-lasting energy. Be sure your kid grabs a carton of low-fat milk for a dose of bone-building calcium. It's a sad fact that packing healthy foods make a lunch less likely to be traded. Build a child's taste for nutrition-packed foods and they are less likely to be trashed. Mix and match these nutritious lunch options.

Bread (pick one or two servings):

5 breadsticks or whole-grain crackers

1/2 whole-wheat pita pocket

1 cup fortified breakfast cereal

1 slice whole-wheat bread

Fruit (pick one serving):

Small banana or other fresh fruit (kids like fruit cut into small pieces)

Individual applesauce

Individual fruit cocktail

100 percent juice box

Veggies (pick one serving):

1/2 cup baby carrots

Small can of vegetable juice

1/2 cup pepper strips
1/2 cup cherry tomatoes

Protein (pick one serving):

2 Tbs. peanut butter
2 oz. deli turkey or ham
1 hard-boiled egg
1 string-cheese stick

Sweet Treat (pick one serving -- keep portions small since your child is likely to eat this first):

1 graham cracker or small homemade cookie
1 small box dried raisins, apricots, or other fruit
Individual Jell-O or pudding
1 yogurt tube

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