

Nutrition for the School Day



School is back and it's time to plan ahead for your child's meals! Don't forget that breakfast is the most important meal of the day and keep in mind that *variety is key* for all meals and snacks. Try to eat from all 5 food groups by the end of the day and keep drinks to water and low-fat milk.

On-the-Go Breakfast Options		
Pick one from each column for a healthy and long lasting breakfast		
1 serving of Protein	1 Serving of Whole Grains	1 Serving of Fruit or Veggie
8oz low-fat or fat free milk	1 slice whole wheat bread	1 small piece of fruit
6oz fat free, light yogurt	1 whole wheat mini bagel	1 cup of sliced fruit
½ c low-fat cottage cheese	1 whole wheat english muffin	2 Tbsp dried fruit
1oz low-fat cheese	¾ - 1 c whole grain cereal	½ - 1 c raw veggies
1 egg or 2 egg whites	½ c oatmeal	½ c canned fruit in own juice
1-2 Tbsp peanut butter	1 high fiber granola bar (>3g)	4-6oz 100% fruit or veg juice

Packing Lunch:

Healthy lunches include 4-5 foods groups from the MyPlate. This will help your child get fiber, protein, carbohydrates and a lot of nutrients to help them through the rest of the school day. Be sure to only include 1 serving of grains; if you have a sandwich, avoid adding chips and replace with a fruit, yogurt or vegetable. Avoid empty calories from added sugars by packing a sugar free drink or having your child buy a low-fat milk at school.

- ✓ Deli turkey on whole wheat bread, low fat string cheese, apple, carrots and bottled water
- ✓ Whole wheat crackers, reduced fat cheese cubes, cucumbers, grapes and yogurt
- ✓ Whole wheat tortilla with peanut butter, cucumbers with hummus, 8 oz milk and an orange

After School Snacks:

Refuel with a glass of water:

Remind your child that a growling stomach can also be your body saying it's thirsty.

Eat at the table: avoid tablets, phones and TV to keep focus on tasting and enjoying your snack.

Keep the kitchen closed after snack: avoid extra grazing and snacks before dinner is ready.

Healthy Snacks

- ✓ 1 Tbsp peanut butter & 1 small apple or banana
- ✓ 1 low-fat cheese stick & 4-5 whole grain crackers
- ✓ 1-2 cups fresh veggies & 2 Tbsp hummus
- ✓ 6oz fat free, light yogurt & 1 piece of fruit
- ✓ 3 slices of deli turkey & 1 low-fat cheese stick
- ✓ ¼ c nuts & ½ c dry cereal
- ✓ 3 c low-fat popcorn & 8oz low-fat milk