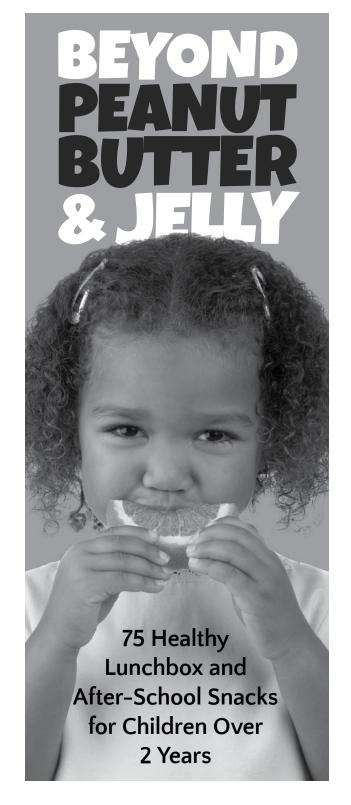
WATCH YOUR PORTIONS!

"Portion size" means the amount of food we decide to eat, while "serving size" refers to a standard amount. Here are the amounts that equal one serving for some common lunch box and snack foods:

Bread1 slice

golf ball size





75 HEALTHY LUNCHBOX AND AFTER-SCHOOL SNACKS FOR CHILDREN OVER 2 YEARS

- 1. Pita bread
- Muffins
- 3. Whole-grain crackers
- 4. Quick breads (banana, pumpkin, apple)
- 5. Whole-wheat buns for sandwiches
- Mini-sandwiches
- 7. Whole grain bagels
- 8. Whole wheat tortillas
- 9. Raisin bread
- 10. Whole-wheat English muffin
- 11. Pasta salad
- 12. Tortilla chips with bean dip
- 13. Tortilla chips with salsa
- 14. Pretzels
- 15. Puffed rice cakes
- 16. Granola
- 17. Air-popped popcorn (easy on the salt)
- 18. Their favorite whole-grain cereal
- 19. Graham crackers
- 20. Sunflower seeds (unsalted)
- 21. Yogurt
- 22. Walnuts
- 23. Pecans
- 24. Cashews
- 25. Almonds

HEALTHY TIP:
Presentation is
important! Make
foods bite-sized when
possible and include a
variety of colors.

- 26. Trail mix
- 27. Peanuts
- 28. Roasted pumpkin seeds (Great around Halloween!)
- 29. Peanut butter, or other nut butter such as almond or macadamia
- 30. Cubed cheese
- 31. Low-fat string cheese
- 32. Cottage cheese
- 33. Hard boiled eggs
- 34. Hummus try a simple garlic flavor or a plain variety for picky kids

HEALTHY TIP:

"Snack"does not mean

"dessert." Snacks should

be around 100 - 150

calories. Do not serve

anything for a snack that

you wouldn't serve at

a meal.

- 35. Deli-sliced chicken
- 36. Deli-sliced turkey
- 37. Chicken salad (easy on the mayo)
- 38. Tuna salad with crackers
- 39. Flavored low-fat milk
- 40. Flavored soy milk
- 41. Combine yogurt, fruit, and granola for a parfait
- 42. Cherry tomatoes
- 43. Broth-based veggie soup
- 44. Baby carrots or carrot sticks
- 45. Fresh green beans
- 46. Sugar snap peas
- 47. Cucumber coins
- 48. Crisp, tender broccoli florets
- 49. Cauliflower florets
- 50. Zucchini sticks
- 51. Salad (pack dressing in a smaller container)
- 52. Add your kid's favorite veggies to sandwiches

- 53. "Ants on a Log" celery sticks with low-fat cream cheese or peanut butter, topped with raisins or sunflower seeds
- 54. Grapes
- 55. Blueberries
- 56. Strawberries
- 57. How about a star fruit? Kids would enjoy eating this unique fruit

HEALTHY TIP:

It's okay to include

a SMALL treat with

lunch, just watch your

portion size!

- 58. Peaches
- 59. Plums
- 60. Pears
- 61. Kiwi

62.

- 63. Banana
- 64. Fruit salad

Cherries

- 65. Raspberries
- 66. Small apple, sliced
- 67. Fruit and cheese kabobs
- 68. Orange wedges
- 69. 100% fruit juice (Watch your portions!)
- 70. Dried apricots
- 71. Drained pineapple chunks (or fresh)
- 72. Watermelon or cantaloupe cubes
- 73. Individual applesauce container
- 74. Raisins
- 75. Dried fruits (Watch your portions!)

HEALTHY TIP:

Use snack time as an opportunity to fit in more servings of fruits and veggies.