

Ten easy tips to give your child's lunchbox (or your lunch) a nutrition makeover:

1. **Encourage your child to choose 1% or fat-free milk.** "Milk is by far the largest source of saturated fat in children's diets," said Wootan. "Choosing 1% or fat-free milk instead of whole or 2% milk is an important strategy for keeping children's hearts healthy and arteries clear."
2. **Leave the cheese off sandwiches, unless it's low-fat or fat-free cheese.** Though cheese provides calcium, it is the second leading source of artery-clogging saturated fat in kids' diets. Healthier sources of calcium include lower-fat cheese, fat-free and 1% milk, low-fat yogurt and calcium-fortified orange juice.
3. **Switch from ham, bologna, salami, pastrami or corned beef, and other fatty luncheon meats to low-fat alternatives.** Wootan noted that supermarkets sell many good tasting, low-fat or fat-free brands of turkey breast, chicken breast, ham, bologna and roast beef.
4. **Include at least one serving of fruit in every lunch.** Try buying a few new types of fruit each week to let your child discover new favorites and to give her more choices. In addition to apples, oranges or bananas, try pears, sliced melon, cups of applesauce, grapes or pineapple (fresh or canned in its own juice). Try serving fruit in different ways -- whole, cut into slices, cubed or with a yogurt dipping sauce.
5. **Sneak vegetables — like lettuce or slices of cucumber, tomato, green pepper, roasted peppers, zucchini or sweet onion — onto sandwiches.** Eating fruits and vegetables reduces your child's chances of heart disease, cancer, blindness and stroke later in life. Putting veggies on a sandwich is one way to get more into your child's diet.
6. **Use whole grain bread instead of white bread for sandwiches.** Choose breads that list "whole wheat" as the first ingredient. If the main flour listed on the label is "wheat" or "unbleached wheat flour," the product is not whole grain. Most multi-grain, rye, oatmeal and pumpernickel breads in the U.S. are not whole grain.
7. **Limit cookies, snack cakes, doughnuts, brownies and other sweet baked goods.** Sweet baked goods are the second leading source of sugar and the fourth leading source of saturated fat in Americans' diets. Low-fat baked goods can help cut heart-damaging saturated fat from your child's diet, but even fat-free sweets can crowd out healthier foods like fruit.
8. **Pack baked chips, pretzels, Cheerios, bread sticks or low-fat crackers instead of potato, corn, tortilla or other chips made with oil or Olean.** Avoid fat-free Max chips and Procter and Gamble's Fat Free Pringles. They are made with Olestra, a fat substitute that can cause abdominal cramping and diarrhea and can rob your body of carotenoids and other phytochemicals that may lower the risk of cancer. Also beware of Bugles, which are fried in heavily saturated coconut oil. One ounce has as much artery-clogging fat as a McDonald's Quarter Pounder.
9. **If you pack juice, make sure it's 100% juice.** All fruit drinks are required to list the "% juice" on the label. "Watch out for juice drinks like Sunny Delight, Hi-C, Fruitopia and Capri Sun. With no more than 10% juice, they're soft drinks masquerading as juice," said Wootan.



Lunch and Snack Tips

Kansasville Elementary School HEALTHFUL FOOD OPTIONS FOR SCHOOL FUNCTIONS

At any school function (parties, celebrations, meetings, etc.) healthful food options should be made available to promote student, staff and community wellness. The following are examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans.

Raw vegetables sticks or slices with low fat dressing or yogurt dip
Fresh fruit wedges or chunks – cantaloupe, strawberries, watermelon
Fruit salads
Cereal with low fat milk
100% fruit or vegetable juice
Frozen fruit pops with fruit juice as the first ingredient
Dried fruits – raisins, cranberries, apples, apricots
Single serve applesauce cups or fruit cups
Peanut butter with apples or celery sticks
Trail mix (dried fruits and nuts)
Party mix (variety of cereals, nuts, pretzels, etc.)
Baked chips with salsa or low fat dip
Pretzels or reduced fat crackers
Granola bars, graham crackers, fig Newton's
Fat free low fat yogurt
Fat free or low fat pudding cups
Fat free or low fat milk products (string cheese, cheese cubes)
Pure ice cold water

This list is not all inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices. All of these items in the list are believed to be consistent with the intent of the wellness policy to promote student health and reduce childhood obesity.