

BALANCED BOXES

Here's how to revamp inside your child's lunch box!



BUY A BOX

Look for a lunch box with at least 4 separations. Divided lunch boxes can be found on Amazon, Bed Bath and Beyond, or Target.

FIND FRUITS

Place one serving of their favorite fruit! 1/2 cup of berries, a small apple, or half of a banana to satisfy their sweet tooth!

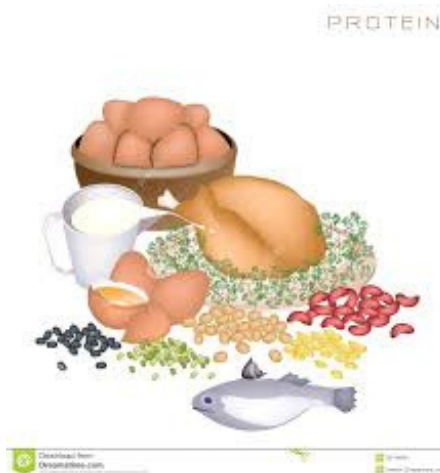


VERY VEGGIE

Arrange one serving of bite sized vegetables such as carrot sticks, cherry tomatoes, edamame or cucumber slices!

PACK A PROTEIN

Place a source of protein that your child enjoys such as rolled up turkey slices, a hard boiled egg, beans, or bite sized chicken sausage pieces.



PROTEIN



GRAB A GRAIN

Whole grains contain fiber which can help with staying fuller longer and avoiding the mid afternoon slump. Whole grain crackers, cereal, bread or brown rice are excellent sources!

DELICIOUS DAIRY

Dairy products contain calcium, which supports healthy bone and teeth growth. Sources include low fat string cheese, low fat yogurt, and skim milk!



TALK TO YOUR REGISTERED DIETITIAN NUTRITIONIST ON
BALANCED MEALS FOR YOUR CHILD!