



Healthy Lunch Makeover!

Take a look at how you can improve a traditional school lunch!

Traditional Lunch	Healthy Makeover	The Change!
Salami on white bread	Turkey on whole wheat	Less fat and more fiber
Mayonnaise	Lettuce and mustard	Less fat and fewer calories
Full fat cheese	2% cheese	Less fat and calories
Canned fruit cup with syrup	Apple slices	Less sugar
Fried chips	Celery sticks	Less fat and calories
Cookie	Low-fat popcorn	Less fat and calories
Juice drink	Skim milk	Less calories
894 Calories	512 Calories	382 calories saved!
42.5 Grams of fat	8.5 Grams of fat	34 grams of fat saved!

This chart was adapted from "School Lunches" on www.kidshealth.org

Here are some more healthy ideas to improve your bagged lunch!

Protein (Choose lean meats)	Whole Grains (Whole wheat, 100% corn or 100% oats)	Fruit (Any type will do, but here are some ideas!)	Veggies (Any type will do, but here are some ideas!)	Dairy (Low fat or fat free)
• Turkey	• Bread	• Apple	• Celery	• String cheese
• Tuna	• Tortilla	• Banana	• Carrots	• Yogurt
• Ham	• Pita	• Grapes	• Cucumber	• Milk
• Tofu	• Mini-bagel	• Watermelon	• Lettuce	• Cottage cheese
• Beans	• Brown rice	• Berries	• Salad	• Cheese cubes
• Peanut butter*	• Pasta	• Nectarine	• Pepper strips	• Cheese slice
• Hard-boiled eggs	• English muffin	• Dried fruit	• Broccoli florets	• Flavored milk

*Before packing peanut butter or other nut product, make sure that the school allows it!

Other Ideas: Popcorn, Baked chips, Pretzels, Granola bars, Rice cakes, Whole grain crackers, Hummus, Soup, Trail mix, Graham crackers, Low-fat pudding, Light dressing to use as veggie dip, Applesauce, Fruit leather, Leftovers, Homemade lower fat banana bread, Whole grain dry cereal, Chili, Veggie burger

Get creative!