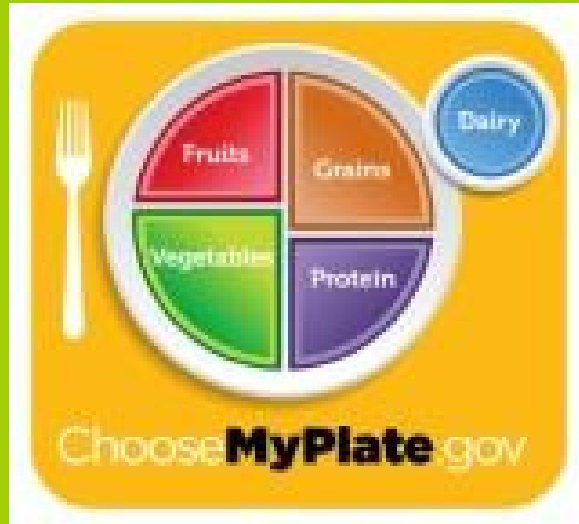


# HEALTHY PACKED LUNCH

Use These Tips to Pack a  
Healthy Lunch



**Grains:** whole wheat bread or wraps

**Fruits:** apples, bananas, grapes, oranges, pineapple

**Veggies:** cucumbers, tomatoes, avocado, spinach, carrot sticks

**Protein:** Freshly cut lean turkey, chicken or ham, nut butters

**Dairy:** low-fat dairy (yogurt, cheese, milk)

-Try to include all 5 food groups into your school lunch.

-Try strawberry or banana slices on your PB&J instead of jelly.

-Nut butters contain heart healthy fats that may lower the risk of heart disease later in life.

-Pack a dipping sauce for veggies. Peanut butter and hummus are great options.

Healthy  **ZONE**

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