EAT SMART NEWSLETTER

What's For Lunch? Pack Those Lunches for Health, Enjoyment and Energy

by Rebecca Morley

Adapted from: http://www.pegasusnews.com/news/2008/jul/28/childrens-medical-center-offers-parents-tips-healt/ & http://www.medicalnewstoday.com/articles/80019.php

Move Missoula
Eat Smart, Move More
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With the school year starting, it's time to think about packing healthy lunches for our children. Sandwiches remain the most common foundation of lunches, but you do not have to make the same ones every day. To change them up and add new entrées, consider these ideas:

Rotate pita pockets, flatbreads, tortillas and regular bread. These come in whole grain varieties. Try cutting the sandwich in fun shapes to increase interest. Use lean meats for quality protein.

Turkey, ham, chicken or roast beef all are lean. Or, consider packed tuna, chicken or the good 'ole stand-by of peanut butter and 100% fruit jelly. Beans & lentils wrap well!

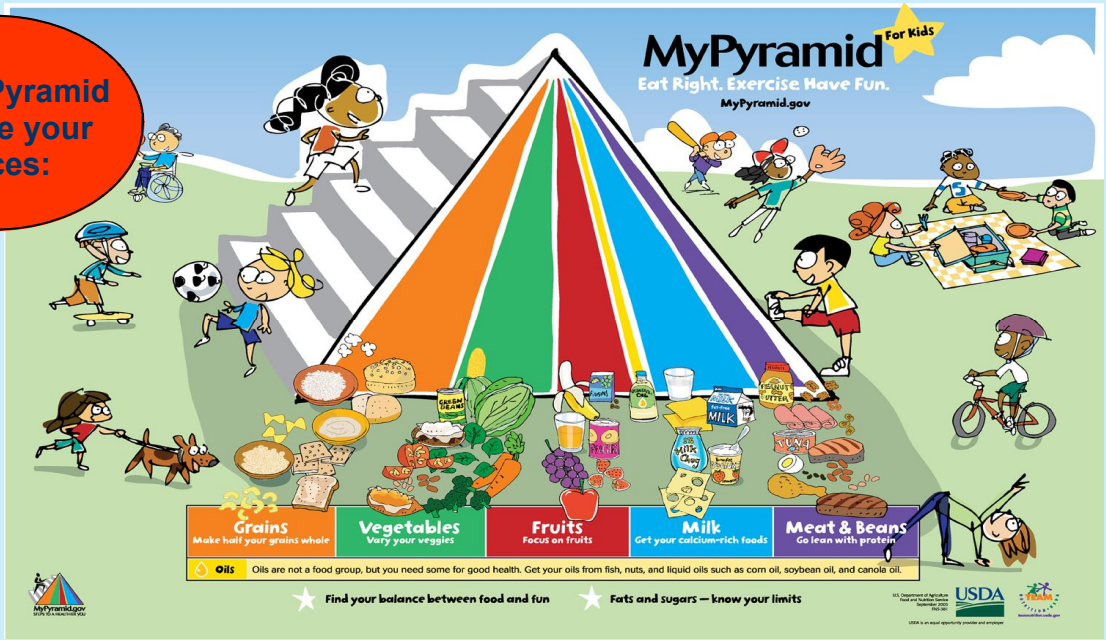
Don't forget the dairy! Unsweetened and low fat yogurts, along with chesses maximize the nutrient package of lunches.

100% fruit juices, bottled water, skim or 1% milk beat soda hands down!

Fruits, thought of as one of the original fast foods, are so easy to add. Not only fresh apples, oranges and bananas, but think of adding the small prepackaged containers of fruits with-out added sugars. Applesauce and other small containers of fruits are fun to eat and full of nutrition. Dried fruits work, too.

Maximize the veggies, especially dark green lettuce like romaine, wild greens or spinach leaves, onions, peppers, and ripe tomatoes. Load up on a rainbow of fruits and vegetables!

Remember food safety. "Keep hot foods hot and cold foods cold." Adding an ice pack allows you to add leftovers, salads, low-fat yogurt or cheeses with whole grain crackers, or slices of pizza. Thermos bottles of hearty soup or chili make good choices.

Western Dairy Association is offering a Webinar on 09/16/2008 2-4 pm:
ñFoods to Encourage at Schoolò This event is free of charge, ***but you must pre-register.***
Visit http://registration.intercall.com/go/wdc for more information and to pre-register.

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