

Protein (Choose 1)

- Hard-boiled egg, ham, turkey, deli meats
- Low-fat yogurt, nuts
- Chicken, tuna salad
- Meat loaf, stew
- Peanut butter, Nutella
- Cheese: slices, cottage cheese, string cheese
- Vegetable sushi
- Leftover low-fat pizza
- Egg roll / spring roll
- Hummus, bean salad
- Beans (kidney, navy, black)

Vegetables, with or without low-fat dip / dressing (choose 1-2)

- Broccoli, cauliflower, peas
- Lettuce, tomatoes, celery, spinach
- Avocado slices, cherry tomatoes
- Carrots, radishes
- Strips of cucumber, jicama, kohlrabi, red pepper



Fruits (Choose 1)

- Any fresh, canned or dried fruit
- Cherries, blueberries, kiwi, strawberries
- Mandarin oranges, pineapple chunks, peaches, melon (cubed)
- Applesauce (individual serving)
- Plum, pear, grapes, apple, banana, orange

Beverage (Choose 1)

- Milk: skim and flavored skim milk
- 100% Fruit juice
- Tomato juice
- Yogurt/juice blend
- Rice milk, soy milk

General Guidelines

- Choose colorful fruits and vegetables, and serve your children at least 3-5 servings of vegetables and 2-4 servings of fruit every day.
- Choose foods that are nonfat, low-fat or less than 5 grams fat per serving.
- When possible, choose whole grain foods.
- Choose foods that are low in sugar or sugar is not the first ingredient.

Research clearly demonstrates that good nutrition and plenty of physical activity are linked to better behavior and academic performance.



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HEALTHY FOOD CHOICES



**Make the healthy
and easy choice
for your student.**

Nutritious Food Choices Lead to Healthier Bodies and Sharper Minds

Here are some ideas to get started on a healthier school year. Try to provide healthy options served in appropriate portion sizes.

If you are bringing treats to share at school, check with your classroom teacher regarding food allergies, cultural, or religious food restrictions.



IDEAS FOR HEALTHY DAILY SNACKS

Choose one or two items from different food groups.

Grains

- Mini-muffins or slices of quick bread: banana, apple, corn, bran, blueberry, oatmeal
- Bread sticks
- Whole wheat or whole grain bread
- Half a bagel
- Brown rice cakes, mini-rice cakes
- Low-fat granola bars
- Cookies: oatmeal, molasses, gingersnap, animal crackers, vanilla wafers, or fig bars
- Pita bread
- Popcorn
- Pretzels
- Tortillas
- Pita, bagel, or baked tortilla chips
- Whole grain cereal (less than 8 grams of sugar per serving)

Fruit and Vegetables

- Any fresh fruit or vegetable
 - 100% fruit or vegetable juice
 - Dried fruit
 - Canned and packaged fruit products, packed in juice
 - Apple wedges or rings
 - Applesauce (individual serving size)
 - Banana chunks
 - Broccoli or cauliflower florets
 - Carrots, celery, zucchini or cucumber slices
 - Cherries, kiwi, strawberries
 - Fruit kabobs
 - Grapes in bunches
 - Green peas in the pod
 - Green and red pepper strips, jicama sticks
 - Melons: cantaloupe, casaba, honeydew, watermelon
 - Orange and tangerine sections or wedges
 - Peaches, pear wedges, plums (fresh or canned)
 - Snow peas
 - Tomatoes (cherry or grape)
 - Vegetable sushi
 - Spring roll
- Don't forget the low-fat veggie dip!*



Dairy

- Low or nonfat yogurt
- Low or nonfat milk, plain and flavored
- Low-fat cheeses, string cheese
- Low-fat cottage cheese with diced fresh or canned fruit

Protein

- Nuts and seeds: almonds, cashews, soy, sunflower
- Bean dips
- Peanut butter, Nutella
- Hard-cooked eggs
- Hummus (as a sandwich spread or vegetable dip)
- Soy crisps
- Pasta salads with beans, tuna or chicken
- Wasabi peas

HEALTHY LUNCH IDEAS

When your student takes a lunch to school, provide a variety of healthy choices.

Ask your student to pick foods from at least three food groups.



Grains (Choose 1-2)

- Whole grain bread, whole grain pita bread
 - Corn bread, small muffin, whole grain tortillas
 - Banana bread
 - Crackers: whole grain, low-fat
 - Pasta
 - Popcorn
 - Granola bars (low fat)
 - Bagel
 - Waffles (whole grain)
 - Pancakes (whole grain)
- (more suggestions on the back)