

Questions:

1. Do you get school lunch or do you bring your lunch?
2. Do you eat parts of other kids' lunches?
3. What do you bring for lunch to school (if you bring your lunch)?
4. Do you buy anything from a vending machine at lunch?

“crEATe” a Healthy Lunch™

Two important features of a healthy lunch are balance and structure. Having a *balanced* lunch will provide you with the most energy, the right amount of calories, and a lasting satisfied feeling. Having *structure* to your lunch enables you to change your specific food choices with ease from one day to the next. You can ensure both balance AND structure by eating the right number of servings in each food category at each lunch (see below). Alternatively, you can build your lunch by following the “healthy plate” model of ½ plate fruit and veggies, ¼ plate protein, and ¼ plate grain/carbohydrate, as shown in the “the Balancing Act” handout.

Food Category	Number of servings	Examples (also see food list)
Grain or carbohydrate	1	2 slices light bread 1 slice regular bread 1 English muffin 1 serving crackers (see box) 100 calorie pack 2 rice cakes ½ cup rice or pasta
Protein	3	1 serving = 1 slice light cheese ½ slice regular cheese 1 slice deli meat or tuna ¾ Tbsp. peanut butter ¼ cup legumes (black beans, chickpeas)
Fruit	1	1 cup or fist size
Veggie	Unlimited	carrots, cucumbers, salad, tomatoes, broccoli, celery, peppers, vegetable soup
Fat	1	1 tsp. mayo or 1 Tbsp. light mayo 2 Tbsp. light ranch 1 tsp. peanut butter 6 olives 2 Tbsp. hummus



Example lunches:

- a) Sandwich: Bread, 2 slices of turkey, 1 slice of light cheese + Apple + 1 cup carrots + 2 Tablespoons light ranch
- b) Crackers + 3 sliced light cheese + 1 cup grapes + bell peppers + 2 Tbsp hummus

My new goals...

Now that I know this information, what am I ready and willing to change in my day to make me healthier? (Add these goals to your Goal Sheet.)

- 1
- 2
- 3
- 4
- 5

Extra information for parents

- Putting extra food in your child's lunch may cause your child to not eat their fruit or veggie.
- Save treats for the night time versus in the middle of the day or in the lunch.

