



Helping families eat well and be active

Build a Better Lunchbox!

Directions: Circle one item from each food group.

fruits

- ½ cup grapes
- 1 medium peach or nectarine
- ½ cup unsweetened applesauce
- 1 medium apple or pear
- ½ cup berries
- 1 medium banana
- 2 small plums or apricots

vegetables

- ½ cup raw carrots
- ½ cup grape tomatoes
- ½ cup celery sticks
- 1 cup salad greens
- ½ cup vegetable soup
(e.g. tomato, butternut squash)

protein

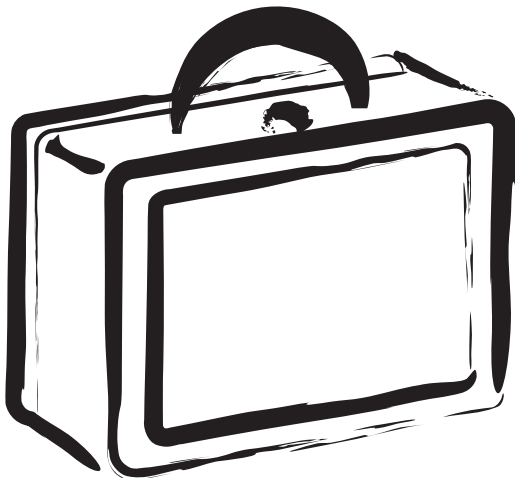
- 2 oz low-fat, unprocessed meat (e.g. turkey, chicken)
- 2 Tbsp hummus
- 1 Tbsp nut butter
(e.g. peanut, almond, cashew—sugar free!)
- 1 hardboiled egg

dairy

- 1 oz low-fat cheese
- 4 oz low-fat milk or milk substitute (e.g. almond, soy)
- 4 oz low-fat Greek yogurt

grains

- 1 slice whole wheat bread
- 1 thin flatbread whole grain sandwich round
- ½ cup brown rice
- ½ cup whole wheat pasta



examples of healthy combos:

- 1 medium apple with 1 Tbsp peanut butter
- ½ cup carrot sticks with 2 Tbsp hummus
- ½ turkey and cheese sandwich on whole wheat
- 4 oz low-fat plain Greek yogurt with fresh berries
- 4–8 oz water with squeeze of fresh orange