

Healthy Mealtime Habits

www.kidshealth.org

Breakfast: Studies have shown that children who skip breakfast or eat foods like doughnuts and high sugar cereals can have a harder time concentrating a few hours later.

Lunch: Some great ideas for packing your child's lunch:

Dairy: low fat or skim milk, yogurt, fat free cottage cheese

Fruits and Vegetables: fresh fruits, (watch out for prepackaged fruit, they may be packed in juice which contains a high amount of sugar), carrots and celery

Protein: tuna, turkey, ham, peanut butter and eggs

Grains: whole wheat instead of white bread, fat free muffins and pretzels

Teaching your child about eating healthy is important to their well-being. Plenty of exercise is also a key to help our children do their best.

Here are some great ideas for snack time!!!

- Fresh fruit
- Raisins
- Yogurt
- Crackers
- Trail mix
- Low-sugar cereals
- Unsweetened applesauce
- Celery/carrot sticks with low-fat/fat free dressing
- Dried fruit

With a good breakfast, lunch and snack along with exercise and a good nights rest, our children will surely have a great school year.