



What about school lunches?

If you get your lunch at school, choose fried foods less often. Choose low-fat milk instead of chocolate milk and a piece of fresh fruit instead of a cookie.

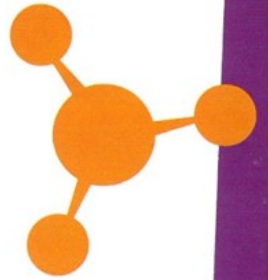
Many schools have salad bars; just take it easy with the salad dressing or choose low-calorie dressing.

Small deli or sub sandwiches made with lean turkey or beef are healthy choices, too. Use mustard or a little “lite” mayonnaise.

If you have time in the morning, you could pack a lunch of healthy foods to take to school. Or you could make your lunch the night before.

What about after school snacks?


Most kids need an after school snack. Choose healthy snacks. The trick is not eating too much. **Use a small plate or a bowl for your snack instead of eating out of the bag or box.** It will be easier to keep track of how much you eat. It's best not to snack while watching TV or at the computer—you may eat too much.



Snack ideas:

- ★ A piece of fresh fruit
- ★ Half a turkey or ham sandwich, easy on the mayo
- ★ A small bowl of cereal with low-fat milk
- ★ A small bowl of vegetable soup and a few crackers
- ★ One small tortilla with one or two slices of shredded low-fat cheese or turkey
- ★ 3 to 6 cups of low-fat or “lite” microwave popcorn, one handful of pretzels, or a few rice cakes

Remember to drink a couple of glasses of water, too.



The key to
success
is to have the whole
family make
healthy food choices
and to
be as active
as you can.