

Lunch at the Library's HEALTH TIP OF THE WEEK



This healthy tip of the week was adapted from "KidsHealth from Nemours," kidshealth.org/en/parents/strong-bones.html. For more tips, visit kernlibrary.org or kidshealth.org.

10 Steps to a Great Lunch!

Whether you pack or buy your lunch, try following these guidelines:

1. Choose fruits and vegetables

2. Know the facts about fat: Kids need some fat in their diets to stay healthy - it also helps keep you feeling full - but you don't want to eat too much of it. Fat is found in butter, oils, cheese, nuts, and meats. Some higher-fat lunch foods include french fries, hot dogs, cheeseburgers, macaroni and cheese, and chicken nuggets.

3. Let whole grains reign

4. Slurp sensibly: It's not just about what you eat - drinks count, too! Milk has been a favorite lunchtime drink for a long time. If you don't like milk, choose water. Avoid juice drinks and sodas.

5. Balance your lunch: include a mix of food groups: some grains, some fruits, some vegetables, some meat or protein foods, and some dairy foods such as milk and cheese.

6. Steer Clear of Packaged Snacks

7. Mix it up: Keep your taste buds from getting bored and try something new. Eating lots of different kinds of food gives your body a variety of nutrients.

8. Quit the clean plate club: Because lunch can be a busy time, you might not stop to think whether you're getting full. Try to listen to what your body is telling you. If you feel full, it's OK to stop eating.

9. Use your manners

10. Don't drink milk and laugh at the same time! Whatever you do at lunch, don't tell your friends a funny joke when they're drinking milk. Before you know it, they'll be laughing and that milk will be coming out their noses! Gross!

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