

# MAKE OVER YOUR

By Elizabeth M. Ward, R.D.

## C+

**bologna (2 oz deli) and American cheese (1 oz) with mayo (1 tbsp) on white bread**  
**lemonade (8 oz)**  
**potato chips (1.5 oz)**  
**fruit roll-up (14 g)**  
**chocolate chip cookies (2 small)**

**CALORIES → 902**

fat → 47 g  
saturated fat → 17 g  
fiber → 3 g  
protein → 19 g



Packing a healthy lunch that your kids will get excited about, and, more important, eat, is a real challenge. In fact, when Meredith Corporation's Motherboard surveyed moms, 85% admitted to sometimes preparing not-so-healthy meals and 84% were looking for new options to add to their children's brown bag. So we've come up with tips and suggestions for turning an average lunch into one that will earn you high honors.

# KID'S LUNCH



## A+

turkey (2 oz deli roasted) and low-fat cheddar cheese (1 oz) with fat-free mayo (2 tsp), lettuce, tomato, on whole-wheat bread  
 low-fat chocolate milk (8 oz)  
 Pirate's Booty (1 oz)  
 small pear

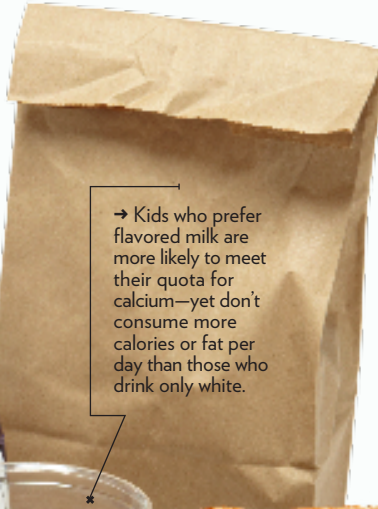
**CALORIES → 631**  
 fat → 13 g  
 saturated fat → 5 g  
 fiber → 17 g  
 protein → 35 g

→ Pirate's Booty contains just 5 g of fat, about half as much as most other chips and puffed snacks.

→ Kids who prefer flavored milk are more likely to meet their quota for calcium—yet don't consume more calories or fat per day than those who drink only white.

→ Your child gets 2 of her 3 recommended daily servings of whole grains, along with 4 g of filling fiber, from this sandwich. Deli turkey is virtually fat-free and offers nearly one-third more protein than bologna.

→ Small, yes, but pears are a filling choice thanks to at least 5 g of fiber.



**Save for an Afternoon Snack**  
 Only very active teenagers need to eat trail mix with their lunch.

**homemade trail mix**  
 2 tsp dark chocolate chips, like Hershey's Special Dark Chocolate Chips, 1 tbsp chopped walnuts, ¼ cup whole-grain cereal, such as Kashi Heart to Heart, 2 tbsp raisins

→ This treat delivers a dose of antioxidants (dark chocolate); fiber and phytonutrients to prevent cancer (raisins); good fats (walnuts); and whole grains (cereal).

### ADDITIONAL SANDWICH OPTIONS



Wrap (7"-8") stuffed with deli roast beef (2 oz), sliced low-fat cheddar cheese (1 oz), mustard (2 tsp), lettuce and tomato



Grilled chicken (3 oz) mixed with fat-free mayo (2 tbsp), celery (1 tbsp chopped) and grapes (6 chopped) on a hamburger or hot dog bun (2 oz)



Peanut butter or sunflower butter (2 tbsp) and sliced banana (1 medium) on whole-wheat bread (2 slices)



Pita (6" whole-wheat) with hummus (2 tbsp), tabbouleh (2 tbsp), cucumber (2 tbsp) and feta (1 tbsp)



Wrap (7"-8") with chopped, cooked chicken (2 oz), romaine lettuce, shredded cheddar cheese (1 oz) and fat-free ranch dressing (1 tbsp)