

**From Dr. Kathy James**

**PREVENTING THE TRADE- HEALTHY LUNCHES  
YOUR CHILD WILL EAT!**

REALITIES OF SCHOOL LUNCH PACKING:

- \* KIDS WANT TO HAVE CONTROL OVER WHAT THEY EAT SO PACK FOODS THEY LIKE
  
- \* YOUR CHILD WILL EAT AS MUCH AS HE FEELS LIKE EATING SO DON'T PANIC IF ONLY HALF THE SANDWICH IS GONE
  
- \* CONSULT YOUR CHILD ABOUT WHAT GOES IN THE BAG
  
- \* TRY OUT NEW MEALS AT HOME BEFORE YOU PACK THEM
  
- \* PACK FOODS YOUR CHILD FEELS COMFORTABLE EATING
  
- \* SELF-SELECTION THEORY - KIDS WILL SELECT A DIET THAT MEETS THEIR NUTRITIONAL NEEDS ....OVER TIME

## STANDARD LUNCH

Half or whole sandwich	with low-fat filling	1-2 pieces of fruit
Baggie of veggies	Milk or water	Surprise item

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### 1. SANDWICHES

#### **Peanut butter and :**

- 1 to 3 tsp. crushed pineapple
- applesauce
- sliced banana
- diced apple
- raisins, diced dates
- grated carrot
- 2 slices of bread

#### **Tuna fish and:**

- light mayo and/or yogurt
- grated carrot
- diced celery
- cucumber, red pepper
- pickle relish
- chopped egg
- lettuce
- 2 slices of bread or pita

#### **Chicken salad and :**

- light mayo and/or yogurt
- chopped pickle
- red pepper
- grated carrots
- chopped pecans
- 2 slices of bread, pita, or crackers

#### **Ham sandwich and :**

- mustard or light mayo and/or yogurt
- 1/4 sliced banana
- 1 slice pineapple
- 2 slices ham
- 1 orange slice
- 2 slices of bread cut into fourths

**Bagel and :**

1 ounce of lt. cream cheese with  
raisins  
lox or other sliced meat  
slice of tomato  
sprouts

**One-fourth Avocado and:**

2 tsp sunflower seeds  
1-2 tsp wheat germ  
2 tbsp shredded meat  
(sprinkle avocado with lemon juice)  
2 slices of toast

**Mini Hero and:**

sandwich meat (initialed with mustard)  
1 ounce sliced reduced-fat cheese  
lettuce  
alfalfa sprouts  
artichoke hearts  
mustard, light mayo or catsup  
For smaller kids, use hot dog bun instead of hero roll

**Fruit Pita and:**

2 tbsp lt. cream cheese  
2 tbsp chopped apple, pear, apricot  
1 tbsp chopped nuts  
2 tbsp pineapple

**Taco and :**

4 tbsp chicken  
1-2 tsp taco sauce  
2 tbsp cheese  
lettuce  
Sprinkle items on 1/3 of corn or flour tortilla and roll and fold in ends,  
wrap with waxed paper

**Sandwich roll-ups and:**

spread on sandwich spread and roll bread  
wrap in plastic and refrigerate overnight  
cut in 1" slices like a pinwheel - secure with toothpick

**Cheese and cracker sandwiches:**

cut cheese into heart or star shapes  
wrap cheese and crackers individually  
(1 1/2 ounce = 1 glass of milk)

**Apple sandwich and:**

1 ounce lt. cream cheese  
2 tbsp raisins  
sunflower seeds  
Cut medium sized apple in thirds, add filling and wrap  
in plastic

**Lettuce leaf sandwiches and:**

tuna or chicken salad fillings  
Add filling to large lettuce leaf . Roll and wrap.

**2. SALADS - Main course, side course or dessert**

(1 cup servings in yogurt containers works well)

**Pasta tuna salad and:**

slice of bread, muffin, or crackers

**Pocket salad and:**

2 tbsp cheese,  
diced carrot, celery, tomato  
pack dressing and tomatoes separately

**Non fat Yogurt and:**

cut-up fruit of your child's choice  
send fruit-bread, muffin, or crackers

**Rice and :**

1/4 c. oranges  
1/4 c. pineapple  
2 tbsp. sunflower seeds or nuts  
1/2 c. rice

**Orange boat:**

cut top third of orange out  
fill with fruit or tuna salad  
replace top  
insert toothpick flag as sail  
wrap in plastic wrap

**Peach sliced and:**

1/4 c. low-fat cottage cheese  
2 tbsp sunflower seeds  
raisins  
Peach may be sliced in half, add filling and  
wrap with plastic and paper towel

**Fruit and chicken salad:**

Combine the following and toss:  
1 sliced 3 oz chicken breast  
1 tbsp chopped celery  
1 tbsp pineapple chunks  
1 tbsp mandarin oranges  
5 seedless grapes  
1 tbsp chopped walnuts or almonds  
1/4 c. plain nonfat yogurt or low-fat mayo  
1 tbsp. lemon juice

**3. VEGGIE LOVER'S DIP DELIGHTS**

Send dips in yogurt container along with a baggie of favorite veggies and:

tuna, chicken, bean or egg salad dipp

**Peanut butter dip:**

1/4 c. peanut butter  
1/4 c. yogurt  
2 tbsp fruit juice concentrate

**Yogurt dip:**

1/4 c. cucumber  
1/4 c. celery  
1/4 tsp garlic  
1/4 c. plain yogurt  
1 tsp. Hidden Valley Ranch dry dressing

**Bean dip:**

1 cup kidney, garbanzo, pinto or black beans  
1 tbsp chopped canned or fresh green chilies (optional)  
1/2 tsp chili powder  
1 tsp minced onion  
pinch of cumin  
1 tsp minced parsley  
1 1/2 tsp vinegar  
Add to blender. Serve as spread or dip

**4. BLENDER DRINKS**

Tips for the best drink:

Use skim or low-fat milk after age two

Use real fruit juice (100 percent real fruit juice. You know you're not buying 100% juice if you see the word drink or ade

Use white grape juice to avoid teeth and clothing stains

**Yogurt Shakes**

1/2 c. plain or flavored yogurt  
1/2 c. fresh or frozen fruit  
1/4 tsp. vanilla  
4 ice cubes  
milk (optional)  
Add a tsp. of honey if needed  
Blend and fill chilled thermos

**Melon Shakes**

1/2 c. grape juice  
1/2 c. mixed chunks of melon  
4 ice cubes  
Blend and fill chilled thermos

**Orange Julius**

2/3 c milk  
2/3 c. water  
1 tsp vanilla  
6-ounce can unsweetened orange juice concentrate  
8 ice cubes  
2 tsp sugar  
Pour ingredients in blender. Fill thermos

### **Juicer Drinks**

- \* Peel 2 oranges. Wash 4 strawberries. Place in juicer and blend.
- \* Wash 5 carrots and blend for a Beta-carotene booster.

### **Frozen Yogurt Smoothie**

1 c. frozen yogurt  
1/2 c. nonfat milk  
fruit of your choice  
Place in blender. Fill thermos.

### **Banana Smoothie**

1 medium size banana  
1 c. skim milk  
1 tsp vanilla extract  
1 c. ice cubes  
Blend and serve.

### **SOMETHING EXTRA - TREATS FOR BROWN BAGGERS**

#### **Popcorn and:**

4 cups popped popcorn  
1 1/2 tbsp. margarine  
1/4 c. grated parmesan cheese  
(optional - add 1/4 to 1 tsp chili powder for nacho popcorn)

#### **Peanut butter and jelly:**

4 cups popcorn  
1 tbsp margarine  
2 tsp peanut butter  
1 tsp jelly  
1/4 c. peanuts  
Melt margarine. Stir in peanut butter and jelly. Toss peanuts and peanut butter and jelly mixture into the popcorn while warm.

#### **Celery and :**

peanut butter or cream cheese  
decorate with raisins  
Cut celery in about 4 inch sections, spread celery with cheese  
and cover with another celery slice

**Peanut Butter Balls:**

1/4 c. sesame seeds

1/4 c. raisins

3/4 c. peanut butter

1/4 c. skim milk powder

2 tbsp brown sugar

1/4 c. wheat germ

1/4 c. granola

1/2 c. unsweetened shredded coconut (optional) or a crushed cereal

Toss dry ingredients first. Add peanut butter a little at a time. Form into balls using 1 tsp of the mixture per ball. Roll in coconut or cereal. Store in refrigerator overnight.

**A SURPRISE BAGGIE**

Mix child's favorite cereal with raisins, almonds, dried fruit and bread sticks

**ADD NONEDIBLE TREATS**

Squiggly straws, messages on their napkin, riddles, trivia

Send a little present ( a new pencil or eraser, small figure of a favorite character she likes)

**A DECORATIVE LUNCH AND BAG -**

use colorful stickers on the bag or on the plastic wrap

tie the sandwich with a bow or seal with stickers

use colored paper products

**THE BIG QUESTION: WOULD YOU BE HAPPY WITH THIS LUNCH OR WOULD YOU WANT TO TRADE IT?**

## **MAKING SURE YOUR CHILD'S HEART STAYS HEALTHY**

DO YOU KNOW.....

### **About habits:**

- \* To instill heart healthful eating habits - eat as many meals as possible with your children
- \* The average American eats out 190 times a year
- \* Sodas get 99 percent of their calories from sugar.... have approximately 50 mg of caffeine, the same amount found in a cup of tea or one-third cup of coffee
- \* The older the child, the harder it is to teach them to adopt heart-healthy eating habits
- \* Children in the U.S. consume an unhealthy 37% of their calories from fat
- \* Youngsters (6-11 years) watch 24-27 hours of TV per week - on a yearly basis that adds up to more time than they spend in school
- \* Children are heavier today than in the 1960's. The rate of obesity in children (6-11 years) has increased 54%. Among children between the ages 12-17, there has been as much as a 39% increase.
- \* Family life, not classes, is the strongest influence on a child's exercise habits. Turn off the TV and give unstructured play time

### **For low-fat cooking:**

- \* Substitute applesauce or fruit puree for some or all of the oil, margarine or butter in recipes

### **About children and cholesterol:**

- \* A desired and achievable cholesterol level for children is 140 mg/dl; over 176 is considered high. (For adults, high is anything above 200).
- \* The Academy of Pediatrics estimates 30-40% children have high blood cholesterol levels; they estimate up to 80% will carry it into adulthood.
- \* Have your children tested if you have high cholesterol, if you have young or middle-aged relatives with atherosclerosis, or if any immediate family members have died of a heart attack in the prime of life.
- \* People older than 2 years of age should aim for a diet of 25% fat

