

8 Healthy Back to School & Workday Lunch Tips

1. Any of your favorites (cold cuts, low fat cream cheese, veggie slices, and peanut butter and jelly) in a whole wheat tortilla wrap.
2. Trail mix made with cereals, nuts, pretzels, dried fruit or raisins, and a few dark chocolate morsels.
3. Individual serving-size packages of low fat yogurt, cottage cheese, or yogurt smoothies.
4. Baby carrots, celery sticks, or apple slices with dips made from yogurt or low fat sour cream.



5. Baked chips or pretzels are a better choice than high-fat potato chips or cheese snacks.
6. Dried cranberries or cherries are a sweet alternative for kids bored with raisins.
7. Drinks made from water with a splash of cranberry, peach, grape, or other fruit juices are healthier than sodas or sugar-laden juices which increase risk of obesity.
8. Quesadilla slices made with cheese and chicken or vegetables.