

Spin the Nutrition Wheel

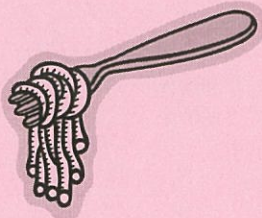


Great Lunch and Snack Food Ideas!

Chose one item from each food group when making your lunch or snack—this way you know you're getting all the foods your body needs to be healthy!

Grain Products

Tortillas
Pitas
Bread
Noodles
Rice
Buns
Rice cakes
Macaroni
Bread sticks
Graham wafers
Dried cereal
Bannock
Crackers
Bagels
Toast
Homemade muffin
Banana bread
Animal crackers
Oatmeal cookie
Waffles



Vegetables and Fruit

Red & green pepper sticks
Apple slices
Broccoli spears
Orange wedges
Strawberries
Carrot sticks
Melon slices
Unsweetened fruit juice
(1/2 cup only)
Celery stalks
Pineapple rings
Snow peas
Canned peach halves
Vegetable soup
Raisins and dried apricots**
Cucumber slices
Fruit salad
Grapes
Vegetable juice
Applesauce
Mandarin Oranges



Meat and Alternatives

Ham, turkey or chicken rolls
Hummus
Egg salad
Peanut butter*
Tuna salad
Hard boiled egg
Pork n' beans
Nuts and seeds*



Milk and Alternatives

Hard Cheese: cheddar,
mozzarella, gouda cubes
Berry yogurt
Milk: white or chocolate
Yogurt dip
Soft cheese: cottage,
ricotta, brie
Yogurt smoothie
Ice milk
Frozen yogurt
Pudding



***Note:** Watch out for peanut/nut products if you have allergies.

****Note:** Dried fruit sticks to your teeth--brush your teeth after eating it so you don't get cavities!

Drink lots of water—your body needs it!