

## Packing Healthy School Lunches



**Nutritious meals and snacks for your child can be simple.**

(NAPSA)—The smart eating habits you teach your children at home shouldn't take a time-out when the kids go to school. The key is to fill your children's packs with healthy foods.

When putting together your child's lunch, consider the multitude of healthful alternatives that are available. For instance, if your child loves peanut butter and jelly sandwiches, then select peanut butter that is labeled "all natural" and jelly that has no added sugar. If you are using lunch meat, select a meat that is low in fat (less than 30 percent), such as turkey. Beware of breads that are made with added sweeteners. Sweeteners can significantly boost calorie count.

When preparing snacks, avoid empty calories and include fruits, vegetables and nuts that are nutrient dense, such as apples, carrots or almonds. Also, consider replacing salty potato chips with pistachios, which are full of antioxidants, vitamin B6, potas-

sium and fiber. Everybody's Nuts, a new brand of pistachios, is especially fun for children as every package contains a cartoon that you can include in your child's lunch box. Pistachios are also great for developing dexterity and fun for children to open.

Encourage your child to drink thirst-quenching water and avoid packing sugary juices or sodas.

Here are a few hydration tips:

- Buy quality mineral or artesian bottled water, such as FIJI Water ([www.fijiwater.com](http://www.fijiwater.com)), rather than municipal water that has been filtered and bottled. Your child will taste the difference.

- Give your child a manageable serving size that fits into his or her lunch box. Try the new, 11.16-oz. FIJI Water bottles, labeled Lil'FIJI, that are available at Target stores nationwide.

- Provide your child with fun and colorful drinking straws.

These tips will help your children practice healthy eating habits every day.