



# SIMPLE SNACK & LUNCHTIME Swaps



Kids depend on the midday meal to help them stay energized and focused; to promote physical well-being as well as academic success. Small steps lead to large and lasting changes!

## EASY WAYS TO “HEALTH UP” COMMON SCHOOL-DAY LUNCHES AND SNACKS:



Instead of fruit juice, pack the whole fruit—it has more fiber and less sugar. Supply seltzer or water with fruit added to it instead of soda or sports drinks.



Instead of buying Lunchables, create your own with much healthier ingredients—and for even less money per lunch!



Instead of whole or chocolate milk, pick skim milk or a plant-based milk such as almond, soy, coconut, cashew, oat, rice, or hemp milk.



Opt for plain oatmeal over sugary cereals or granola bars. Use honey, fruit, or cinnamon to sweeten it and add flavor.



Pick plain yogurt vs. flavored yogurt, which is high in sugar. You can flavor the plain yogurt with honey or fruit—it's delicious and more nutritious.



Choose salsa instead of cheese or cream-based dips. Instead of chips, pack nuts, seeds, roasted chickpeas, edamame, or air-popped popcorn.



Go for whole grains—pick brown rice over white or yellow rice, whole wheat pasta vs. regular, and whole grain bread vs. white.



If eating meat, try to pick lean meats like turkey and chicken. Avoid processed cold cuts and hot dogs—they contain nitrites that are harmful to health.



Instead of soups that are high in sodium, choose those that are low-sodium or sodium-free. Or, make your own!



Try sliced watermelon, mango, or pineapple (or any other fruit!) instead of other desserts.



Swap foods high in cholesterol (i.e. cheese and other full-fat dairy products, red meat... etc.) for cholesterol-free proteins like nuts and nut butters, seeds, beans and lentils, and soy products such as tofu, and tempeh.



Use mustard, hummus, or guacamole instead of mayo.

FOR MORE INFORMATION,  
TIPS, AND ACTIVITIES, VISIT  
[wfeh.org](http://wfeh.org)

**Wellness Foundation** is a non-profit organization committed to improving the health of people and the planet through our highly acclaimed, cutting-edge, plant-based programming. Our **WKids** program has empowered over 30,000 kids and their families on the Eastern End of Long Island. Whether you are a teacher, parent or anyone who works with kids, you can now bring our **WKids** Online program to the kids in your life. This interactive series teaches kids the importance of building healthy habits and focuses on choosing whole foods vs. processed foods, exercise, mindfulness and stress management in a fun and age-appropriate way. Kids learn how their choices impact their health and the health of the planet. Visit our website at [wfeh.org](http://wfeh.org) and join the Wellness Revolution for Kids today!

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