



Healthy Lunches & Snacks for High School Students



Tips for healthful and nutritious breakfast and lunch to fuel your body!



- Starting the day with a healthy breakfast results in more energy and better concentration at school.
- Make a goal for nutrient-rich balanced meal that includes protein, grains, healthy fats, fruits, vegetables & dairy. Use the MyPlate image to ensure your lunch includes all the food groups.
- Be your own chef for your school lunch. Choose healthful foods that fuel your body.
- Pack bright and colorful fruits and vegetables with hearty healthy nuts and seeds.

Below is an example of a balanced, healthy and fun lunch!

Mediterranean Pita Pocket

- 1/2 Whole Wheat pita pocket
- 2 ounces low-sodium lunch meat
- 1/2 cup baby spinach
- 1/4 cup reduced-fat feta cheese
- 2 tablespoons black olives, sliced
- 1 teaspoon balsamic salad dressing

Drizzle the dressing over meat, spinach, olives and cheese and stuff the pita pocket with the mixture.

Fruit Frenzy

Choose fresh fruits that are in season to save on costs and ensure fresh flavor.

- Choose fruit cups that are packed in water or 100% fruit juice.
- Avoid using fruit juices or flavored beverages as these are typically high in sugar.

Berry-Spinach Salad

- 1 cup fresh baby spinach
- 1/4 cup fresh strawberries, sliced
- 1/4 cup blueberries
- 2 tablespoons slivered almonds
- 1 tablespoon balsamic salad dressing

Toss the spinach, strawberries, blueberries & almonds. Drizzle with dressing.

Milk or Yogurt

Buy single serve low-fat or skim milk cartons or containers of low-fat yogurt for packed lunch for a good source of calcium.

Super Snacks

Snacks are a healthy way to provide nutrients in between meals and are important for proper growth and nutrition. Each snack should be balanced and include protein, carbohydrates, and healthy fats.

Below are some quick and easy snack ideas!

Fuel You Up Smoothie

Recipe adapted from the Academy of Nutrition & Dietetics

Ingredients

- 2 cups frozen unsweetened strawberries
- 1/2 cup blueberries
- 1 banana cut in chunks
- 1/2 kiwi, sliced
- 2 cups fresh spinach
- 1/2 cup ice cubes
- 1 cup fat-free milk
- 1/2 cup 100% apple juice
- Combine all the ingredients and blend until smooth.



Image Source: photography-pictures.feedio.net



Nutrition Sense

Kerry Green, MS, RD, LD
Registered/Licensed Dietitian
265 N. Main Suite B
Member of CES SHAC, BMSN
SHAC, co-chair BISS SHAC



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www.NutritionSenseCounseling.com



Easy Snack Ideas

- Whole wheat pita chips (1 ounce) and hummus (2 tablespoons)
- Low-fat cheddar cheese tortilla wraps: Warm shredded low-fat cheddar cheese (1/4 cup) on whole wheat flour tortillas for a minute in the microwave. Serve with mild salsa.
- Yogurt parfait: layer low-fat Greek yogurt (6 ounces), mixed berries (1/2 cup) & granola (1/4 cup)
- Trail mix: Mix 20 almonds, 1 mini-box of raisins or cranberries & 1/4 cup of sunflower seeds
- Pack non-perishable food in small sealable bags and refrigerate for grab -n-go in the morning.



Image Source: www.goeshealth.com