

Superfoods for your child's lunch box: Pack a lunch that packs a punch!



★ Healthy, well-balanced meals give kids energy and help them concentrate in school.

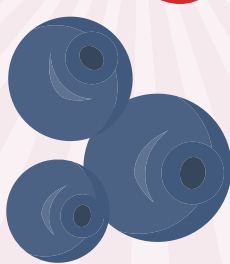
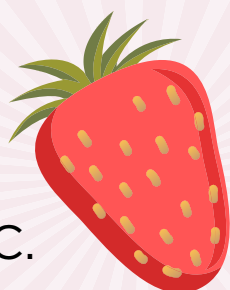


★ Superfoods are full of nutrients that improve a child's brain growth and boost brain function, which can result in better grades.

Berries

Packed with antioxidants, including vitamin C.

Kid-friendly tip: Mix into yogurt.



Vegetables

Full of vitamins, minerals, fiber and antioxidants. Low calories help prevent obesity and diabetes.

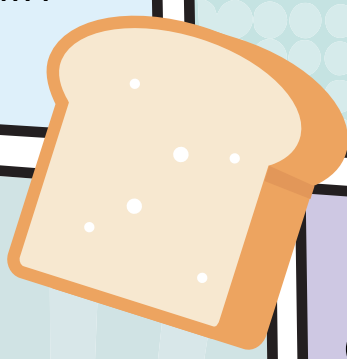
Kid-friendly tip: Pack with low-fat dips.



Whole Grains

Rich in B vitamins and fiber. Provide a steady source of energy.

Kid-friendly tip: For sandwiches, choose whole-grain bread.



Beans

Nutritional superstars! Protein, vitamins and iron help with brain development and protect the immune system.

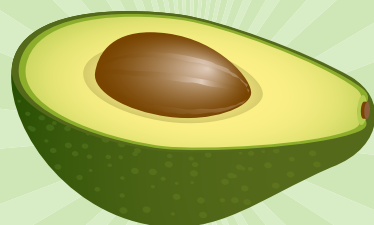
Kid-friendly tip: Garbanzo and kidney beans add protein to salads.



Avocados

Rich in vitamins and potassium. Heart-healthy fats are anti-inflammatory.

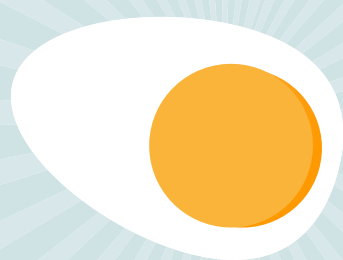
Kid-friendly tip: Add a slice or two to sandwiches.



Eggs

High protein keeps kids feeling full. Iron is good for the brain, and lecithin (in yolks) helps with memory and concentration.

Kid-friendly tip: Hard-boiled eggs are easy to pack.



Nonfat Greek Yogurt

Solid source of protein. Vitamin D and calcium help build strong bones.

Kid-friendly tip: Pick up individual servings in a variety of flavors.



Nuts

A great source of healthy fats, essential for brain growth and development.

Kid-friendly tip: Pump up trail mix with almonds.

