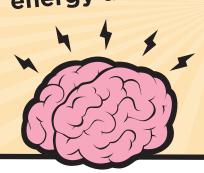
## Superfoods for your child's lunch box:

# 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:

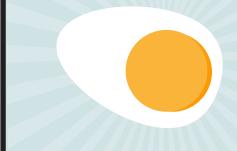
Add a slice or two to sandwiches.

#### 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.



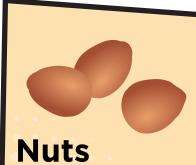
#### Nonfat Greek Yogurt

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



#### Nia-intellary tip.

Pick up individual servings in a variety of



#### A great source

of healthy fats, essential for brain growth and development.

tip: Pump up trail mix with

**Kid-friendly** 

almonds.



flavors.