How can I help my child get the best nutrition?

- Schools serve breakfast and lunch every day.
- School meals help kids understand what a healthy plate looks like.
- School meals provide balanced nutrition and foods from all groups.

Students who eat school meals have more fruits, vegetables, and dairy and less desserts than those who pack!

Ideas for packing lunch:

Kids are more likely to eat what they choose, so include your child in the process!

- Healthy diets include ALL foods, there are no “bad” foods.
- To encourage water intake, pack a reusable water bottle for school.
- Switch it up! Change the apple to a banana, yogurt to cheese, or carrots to cucumbers.
- Talk about food groups with your child and have them help identify where foods fit into the balanced plate.
- Dip it up! Add a dip, like ranch, yogurt or peanut butter.
- Bring the fun! Use cookie cutters to create fun shapes of fruit, cheese, or sandwiches.
- Pack a treat as well, like a cookie.

One cup of fruit equals:
- 1 cup of raw or cooked fruit
- 1/2 cup of dried fruit
- 1 cup of 100% fruit juice

One cup of vegetables equals:
- 1 cup raw or cooked vegetables
- 2 cups leafy salad greens
- 1 cup 100% vegetable juice

One ounce of protein counts as:
- 1 ounce seafood, lean meats, or poultry
- 1 egg
- 1 tbsp peanut butter
- 1/4 cup cooked beans, peas, or lentils
- 1/2 ounce unsalted nuts or seeds

One ounce of grains equals:
- 1 slice of bread
- 1 ounce ready-to-eat cereal
- 1/2 cup cooked rice, pasta, or cereal

One cup of dairy equals:
- 1 cup dairy milk or yogurt
- 1 cup lactose-free dairy milk or yogurt
- 1 cup fortified soy milk or yogurt
- 1.5 ounces hard cheese

What does your pediatrician recommend?

- 1.5 cups of fruit per day
- 2 cups of veggies per day
- 5 cups of dairy per day
- 5 ounces of protein per day
- 3 cups of grains per day

Did You Know?

All food provided to schools participating in the National School Lunch program is American grown and produced – and you may qualify for a free or reduced-price lunch!
FOR YOUTH

Build Healthy Bodies and Minds

School lunches can be exciting!
School meals can be fun to enjoy with friends. They also have the perfect balance of all of the things you need to eat!

Did you know?

- Fruits and vegetables provide what you need to stay healthy.
- Protein helps your muscles grow.
- Grains give you fast energy for running at recess and thinking in the classroom.
- Milk helps you build strong bones and teeth.

Eat the rainbow!
- How many colors of foods can you find on your plate?
- Healthy diets include ALL foods, there are no “bad foods.”
- Dip it up! Add a dip like ranch, peanut butter, or yogurt.

Fruit
Strawberries, apples, bananas, oranges

Vegetables
Carrots, peas, cucumbers, broccoli, bell peppers

Grains
Bread, cereal, granola, rice

Protein
Beef, chicken, seafood, nuts

Dairy
Milk, yogurt, cheese

Ohio AAP PMP
Mobile App
Search Parenting at Meal and Playtime on Apple Store or Google Play

App Highlights...
- Physician-endorsed materials for parents to access on-demand
- Resources for parents organized by age
- Text reminders sent monthly and/or for age milestones
- Easy sign-up
- Videos on feeding, play, nutrition and more

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