

WHAT'S FOR LUNCH?

GOAL

5

Eat at least **5** fruits and vegetables a day!

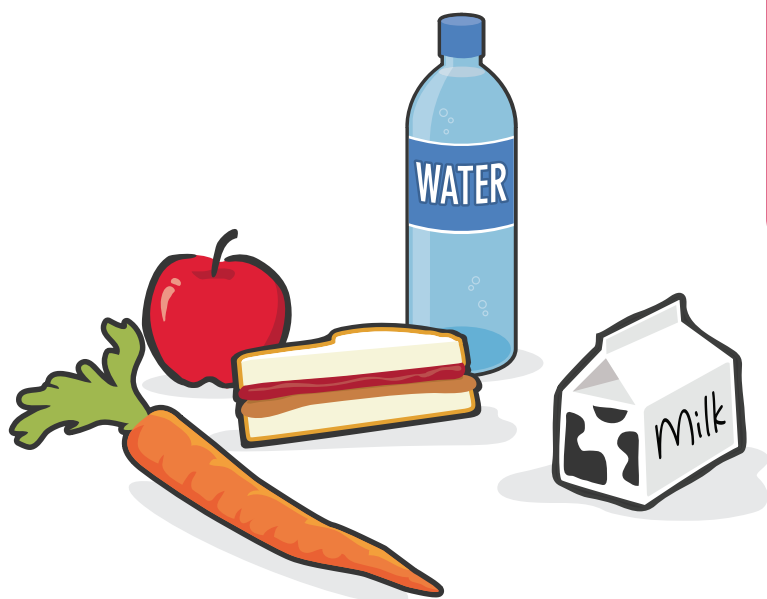
To learn more about the 5-2-1-0 goals, visit FitnessforKidsChallenge.com.

ACTIVITY: EAT TWO HEALTHY LUNCHES

The activity this week is to buy or pack a healthy lunch for at least two days this week. Here's how:

- ◆ Try getting a sandwich or salad instead of pizza.
- ◆ Choose low-fat milk instead of soda.
- ◆ Grab pretzels instead of chips.
- ◆ Make your sandwich healthy with whole-wheat bread, lean meat and mustard instead of mayo.
- ◆ Pack some carrot sticks for a snack and a piece of fruit.

What healthy lunch choices did you make this week?



Tip to take away: Whether you buy your lunch at school or bring your own lunch try to make healthy choices. Try to have 100% fruit juices, water, fat-free or low-fat milk and yogurt, and snacks like fruit, dry cereal or trail mixes made of fruits, nuts and seeds.

