

WATCH YOUR PORTIONS!

“Portion size” means the amount of food we decide to eat, while “serving size” refers to a standard amount. Here are the amounts that equal one serving for some common lunch box and snack foods:

Fruit.....	½ cup
Fresh Cut Veggies.....	½ cup
Cheese Cubes	1 ½ ounces (size of 6 dice)
Juice.....	4 ounces or ½ cup
Milk.....	8 ounces or 1 cup
Deli Meat.....	2 ounces or 6 thin slices
Dried Fruits	¼ cup or golf ball size
Nuts.....	1 ounce or golf ball size
Bread	1 slice



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BEYOND PEANUT BUTTER & JELLY



**75 Healthy
Lunchbox and
After-School Snacks
for Children Over
2 Years**

75 HEALTHY LUNCHBOX AND AFTER-SCHOOL SNACKS FOR CHILDREN OVER 2 YEARS

1. Pita bread
2. Muffins
3. Whole-grain crackers
4. Quick breads (banana, pumpkin, apple)
5. Whole-wheat buns for sandwiches
6. Mini-sandwiches
7. Whole grain bagels
8. Whole wheat tortillas
9. Raisin bread
10. Whole-wheat English muffin
11. Pasta salad
12. Tortilla chips with bean dip
13. Tortilla chips with salsa
14. Pretzels
15. Puffed rice cakes
16. Granola
17. Air-popped popcorn (easy on the salt)
18. Their favorite whole-grain cereal
19. Graham crackers
20. Sunflower seeds (unsalted)
21. Yogurt
22. Walnuts
23. Pecans
24. Cashews
25. Almonds

HEALTHY TIP:
Presentation is important! Make foods bite-sized when possible and include a variety of colors.

26. Trail mix
27. Peanuts
28. Roasted pumpkin seeds (Great around Halloween!)
29. Peanut butter, or other nut butter such as almond or macadamia
30. Cubed cheese
31. Low-fat string cheese
32. Cottage cheese
33. Hard boiled eggs
34. Hummus – try a simple garlic flavor or a plain variety for picky kids
35. Deli-sliced chicken
36. Deli-sliced turkey
37. Chicken salad (easy on the mayo)
38. Tuna salad with crackers
39. Flavored low-fat milk
40. Flavored soy milk
41. Combine yogurt, fruit, and granola for a parfait
42. Cherry tomatoes
43. Broth-based veggie soup
44. Baby carrots or carrot sticks
45. Fresh green beans
46. Sugar snap peas
47. Cucumber coins
48. Crisp, tender broccoli florets
49. Cauliflower florets
50. Zucchini sticks
51. Salad (pack dressing in a smaller container)
52. Add your kid's favorite veggies to sandwiches

HEALTHY TIP:
“Snack” does not mean “dessert.” Snacks should be around 100 – 150 calories. Do not serve anything for a snack that you wouldn't serve at a meal.

53. “Ants on a Log” – celery sticks with low-fat cream cheese or peanut butter, topped with raisins or sunflower seeds
54. Grapes
55. Blueberries
56. Strawberries
57. How about a star fruit? – Kids would enjoy eating this unique fruit
58. Peaches
59. Plums
60. Pears
61. Kiwi
62. Cherries
63. Banana
64. Fruit salad
65. Raspberries
66. Small apple, sliced
67. Fruit and cheese kabobs
68. Orange wedges
69. 100% fruit juice (Watch your portions!)
70. Dried apricots
71. Drained pineapple chunks (or fresh)
72. Watermelon or cantaloupe cubes
73. Individual applesauce container
74. Raisins
75. Dried fruits (Watch your portions!)

HEALTHY TIP:
It's okay to include a SMALL treat with lunch, just watch your portion size!

HEALTHY TIP:
Use snack time as an opportunity to fit in more servings of fruits and veggies.