

# Back to School!

Happy National Back to School Month!



Summer is ending, and the kids are ready to go back to school. Just as you send your students back with a fresh new box of school supplies, make sure you also send them back with healthy dietary guidelines to keep their minds and bodies in A+ shape! Here's a look at the basics:

☑ Make half of your grains **whole grains**. Kids need 6 oz of “whole wheat” or “whole grains” every day.

☑ **Fruits and vegetables** are an important source of the vitamins and minerals your child needs to grow and perform his or her best. Kids need **2 1/2 cups of vegetables and 1 1/2 cups of fruits every day**. Remember to choose orange or dark green vegetables.

☑ Milk is a great source of calcium, and will help kids to grow strong and healthy bones. Choose low-fat or fat-free milk, yogurt, or cheese. Kids need up to **3 cups of a milk serving per day**.

☑ Great sources of **protein are meat, beans, and nuts, and your child needs about 5 oz** from this food group everyday. Pack your child's lunch with lean or low-fat lunch meats.

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