

Happy National Back-to-School Month!



Now that summer is over, your children are heading back to school! Send them along with these healthy dietary guidelines to keep them energized and ready to learn.



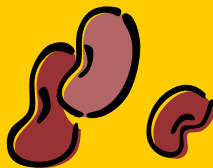
Make half your grains whole. When shopping for bread, pasta, rice, and cereal, look on the ingredient list to make sure the first word is “whole”, like “whole wheat”. Kids need 6 oz of grains everyday.



Fruits and vegetables are packed with vitamins and minerals that your children needs everyday. This is why the USDA recommends kids get 2.5 cups of vegetables and 1.5 cups of fruits. Remember to choose orange and dark green vegetables.



Milk is a great source of calcium your children need for strong, healthy bones. Choose low-fat or fat free milk, yogurt or cheese. Kids need 3 cups from the milk group daily.



Meat, beans and nuts are great sources of protein. Pack lean or low-fat luncheon meats in your child’s lunch. Remember that kids need 5 oz from the meat & beans group.

