

A GUIDE TO PACKING A HEALTHY LUNCH

A NUTRITIOUS LUNCH NOT ONLY GIVES CHILDREN ENERGY TO GROW AND LEARN, BUT ALSO IMPROVES THEIR TEETH AND SMILE!

MAKING A FEW SWAPS WHEN PACKING A LUNCH BOX CAN HELP PROTECT CHILDREN FROM CAVITIES.

TRY THESE SWAPS

HERE'S WHY



CRACKERS



CHIPS/VEGGIES AND DIP

GIVES LASTING ENERGY

DOESN'T STAY STUCK IN TEETH

GREAT SOURCE OF VITAMINS, FIBER, & PROTEIN



FRUIT SNACKS



FRESH FRUIT & VEGGIES

FILLED WITH VITAMINS & FIBER

CLEANS FOOD OUT OF TEETH

REFRESHING & HYDRATING



JUICE



WATER

HAS NO SUGAR OR OTHER SWEETENERS

RINSES FOOD OUT OF TEETH

IF IT HAS FLUORIDE, IT PROTECTS TEETH FROM CAVITIES



GRANOLA BAR



STRING CHEESE

HIGH IN PROTEIN, WHICH PROVIDES ENERGY

MAKES BONES STRONGER WITH CALCIUM

SUGAR FREE AND DOESN'T GET STUCK IN TEETH



YOGURT TUBE



UNSWEETENED APPLESAUCE

NO ADDED SUGARS OR SWEETENERS

PROVIDES POTASSIUM & VITAMIN C



PEANUT BUTTER & JELLY SANDWICH



PEANUT BUTTER & BANANA SANDWICH

GIVES LASTING ENERGY

PROVIDES VITAMINS, PROTEIN, & FIBER-EVEN MORE IF YOU USE WHOLE GRAIN BREAD!

A GREAT WAY TO GET MORE FRUIT INTO A MEAL

TIPS & REMINDERS

PUTTING TOGETHER A MEAL FOR KIDS CAN FEEL TRICKY, ESPECIALLY FOR PICKY EATERS! NOT ALL OF THESE SWAPS WILL WORK FOR EVERY CHILD, SO HERE ARE SOME TIPS AND REMINDERS FOR PACKING A MEAL, BUYING GROCERIES, AND PROTECTING TEETH.

1

PACK FOODS THAT DON'T STAY STUCK IN TEETH

FOODS THAT GET STUCK IN TEETH AND/OR HAVE A LOT OF SUGAR CREATE A PERFECT ENVIRONMENT FOR BAD GERMS TO TAKE ROOT, LEADING TO CAVITIES.

2

USE A REUSABLE WATER BOTTLE

USING A REUSABLE WATER BOTTLE CAN HELP KEEP COSTS DOWN, CLEANS STUCK FOOD FROM TEETH, AND GIVES ADDED PROTECTION IF THE WATER USED HAS FLUORIDE!

3

CHOOSE WATER BETWEEN SNACKS & MEALS

TEETH NEED A BREAK FROM FOOD AND NON-WATER DRINKS TO RECOVER FROM SUGARS AND ACIDS.

4

SWISH WITH WATER AFTER EATING

IF YOUR CHILD EATS FOODS THAT GET STUCK IN OR COAT THEIR TEETH, SWISHING WATER AROUND RIGHT AFTER EATING WILL HELP CLEAN THE FOOD OUT OF THE TEETH.

5

SET DEDICATED TIMES TO EAT

USING SET TIMES FOR SNACKING AND EATING MEALS CUTS DOWN GRAZING THROUGHOUT THE DAY, GIVING TEETH THE TIME THEY NEED TO RECOVER AND STAY STRONG.

6

LOOK FOR FOODS WITH "NO ADDED SUGAR"

MANY FOODS LIKE PEANUT BUTTER, JELLIES, AND KETCHUP HAVE ADDED SUGAR, BUT YOU CAN BUY VERSIONS WITH NO ADDED SUGAR.

7

USE TOOTHPASTE WITH FLUORIDE TWICE A DAY

TOOTHPASTE WITH FLUORIDE CLEANS FOOD AND GERMS FROM TEETH AND PREVENTS CAVITIES.



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