

# best lunch ever!

Stuck eating the same old thing . . . again? These lunches are yummier *and* healthier—but still super-easy to make.

## TURN A SALAD INTO A WRAP!

### rainbow veggie wrap

**MAKE IT:** 10-inch whole wheat tortilla + 2 tbsp. light veggie cream cheese + veggies, like cucumber, spinach, baby carrots, and red and yellow peppers, cut into strips.

A salad can get soggy and runny by lunch. But crisp veggies wrapped with a little low-fat cream cheese is healthy and satisfying!

## ADD FRUIT TO YOUR SANDWICH!

### nutty cinnamon apple sammy

**MAKE IT:** 2 tbsp. peanut butter + other creamy (soft) apple slices + whole wheat cinnamon-roll-style sandwich bread.

Who isn't over plain PB&J? Take it up a notch with yummy cinnamon bread and slices of Granny Smith apple. The extra fiber from the fruit will keep you fuller longer!

## MAKE SNACKS A REAL MEAL!

### snack plate

**MAKE IT:** whole wheat pita, toasted + 2 tbsp. hummus + 2 cup grapes + 2 cheese sticks + unlimited veggies and salad!

It's okay not to want a heavy lunch, but grabbing a granola bar and a Diet Coke (empty calories) will make you crash. For longer-lasting energy, mix bite-size veggies and pita crisps with a little protein and healthy fat, which you get from the cheese and hummus here!

## RETHINK YOUR LEFTOVERS!

### noodle salad

**MAKE IT:** 1 cup leftover spaghetti noodles + 1 oz. pre-cooked grilled chicken strips, cubed + 1 cup frozen peas + 2 tbsp. bottled peanut sauce.

Instead of packing leftover spaghetti with last night's marinara, make this quickie pasta salad. The chicken and veggies turn those carbby noodles (total snooze food!) into brain power for your last few classes.

## seventeen taste test

# SNACK TIME!

Don't give in to the junk in the vending machine! These treats are better for you—and easy to stash in your locker.

### CRUNCHY!

#### SKINNY COW HEAVENLY CRISP CANDY BAR, PEANUT BUTTER FLAVOR

This tastes like a Kit Kat and a peanut butter cup had a baby—but with about half the fat and sugar!



### SWEET!

#### FIBER ONE CHOCOLATE FUDGE BROWNIE

This will kill that intense mood for afternoon chocolate without making you feel sick. Bonus: Its five grams of fiber make it more filling than a typical cake or cookie!



### SALTY!

#### FOOD SHOULD TASTE GOOD CHEDDAR TORTILLA CHIPS

These taste kind of like Doritos but are less greasy. They're perfect for when you get that craving for something salty or cheesy!



BY EXPERT: Sarah Krieger, R.D., M.P.H., a registered dietitian and national spokesperson for the American Diabetes Association.

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# Child Magazines Guide To Eating

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