What to pack in your child’s lunch?

Try to pack nutritious foods in proper proportions.

At least **two-thirds** of your child’s lunchbox should be filled with **plant-based foods**.

The other third can be healthy animal-based foods like meat or low-fat dairy.

- **Peanut butter and banana on whole-wheat bread**
- **Carrot and celery sticks with hummus**
- **Shredded chicken breast in a whole-wheat tortilla with spinach, tomato and cucumber**
- **Last night’s leftover whole-wheat pasta with sauce and 1.5 ounces of mozzarella**
- **A boiled egg and sugar snap peas**
- **A side salad of leafy vegetables and tomatoes**
- **Grapes with a mozzarella stick**
- **Greek yogurt with strawberries and 1/3 cup nuts and dried fruit**

The toughest part of packing a lunch might be the drink. Water and low-fat milk are two healthy options.

For more information on healthy eating, visit [www.mdanderson.org/food](http://www.mdanderson.org/food)