



# Kid's Lunches...

Convenient?    Processed?    Packaged?

**YES!**

**Nutritious?    NOT!**

**Lots of lunches today are easy to pack, loaded with sugar, and wrapped in bulky packaging.**

These highly processed foods give you only worthless calories without nutrients to help keep your body and teeth healthy.

Foods like oatmeal cookies, apple juice, yogurt and carrot muffins sometimes contain sugar, but also have nutrients that will help you grow. Pick these foods more often!

Food Item	Serving Size	Teaspoons of Sugar
Jell-O Pudding, chocolate vanilla	1 snack cup (99g)	4
Strawberry Fruit-by-the-Foot	1 roll (21g)	2.5
Dunkaroos	1 tray (28g)	3.5
Rice Krispie Squares, chocolaty caramel	1 square	3
Sunkist Fruit Snacks	1 package (22g)	3
Jell-O Strawberry Gels (gelatin)	1 snack cup	6
Chewy Dipps Bar with peanut butter	1 bar (31g)	3
Skittles Fruit Chews	15 pieces	3.5
Mr. Freeze	1 freeze (100ml)	3.5
Fruit Gushers	1 pouch	3
Kellogg's Pop Tart	1 tart (52g)	5
Chip's Ahoy Cookies	3 cookies	3
Chewy S'mores Granola Bar	1 bar (31g)	2
<b>Drinks</b>		
Sunny Delight	1 cup (250ml)	7
Coke	1 can (355ml)	10
Tetley Lemon Ice Tea	1 juice box (250ml)	6

Cream Soda	1 can (355ml)	12
Kool-Aid Jammer	1 container (200ml)	6
Slurpee	1 small (500ml)	12

*Based on: 1 teaspoon of sugar weighs 4 grams and has 15 calories; Bowes & Church, Food Values of Portions Commonly Used*

When you pack your lunch, use re-usable containers for foods like sandwiches, yogurt, vegetables, drinks, and sliced fruit.

Using less pre-packaged foods will reduce the amount of garbage, which will save the environment!

