

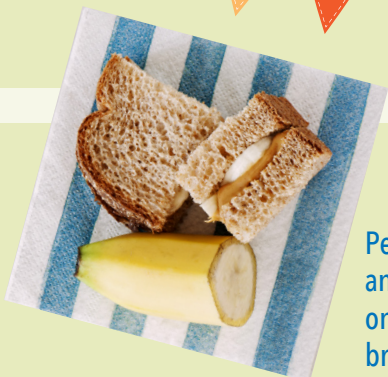
What to pack in your child's lunch?

Try to pack nutritious foods in proper proportions.

Introducing healthy meals now can get your kids hooked on foods that can lower their lifetime cancer risk.

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.