



Fit to Print

Newsletter of the Weigh Smart™ Program



Back to School-tips for eating healthy at school

To do well at school, kids need to be fueled with both a healthy breakfast and healthy lunch. Meals should have a protein, fat and complex carbohydrates. Weigh Smart™ has reviewed the Baltimore City & County School lunch menus and picked the healthier options.

<u>Baltimore City Schools</u>	<u>Baltimore County Schools</u>
<p><u>Top 5 entrée choices:</u> Hot diced chicken with gravy (119 calories) Taco Salad Box (131 calories) Tuna Salad Sandwich (289 calories) Chicken Salad (202 calories) Turkey Cheese Wrap (286 calories)</p>	<p><u>Top 5 entrée choices:</u> Turkey & cheese on wheat bread (233 cal) Chef Salad Box (189 cal) Tuna Salad (159 cal) Holiday Turkey with stuffing (208 cal) Turkey Taco w/ Corn shell (282 cal)</p>
<p><u>Top 5 side item choices:</u> Baby carrots bag (16 calories) Broccoli & Cauliflower salad (85 calories) Veggies & dip (21 calories) Fresh apple (36 calories) Fruit cocktail (72 calories)</p>	<p><u>Top 5 side item choices:</u> Tossed side salad (7 calories) Watermelon (48 calories) Pears (71 calories) Broccoli (24 calories) Canned green beans (17 calories)</p>

For a healthier option, try packing lunch!!

Prefer to pack lunch? Get kid's help! Involving kids in packing lunches increases the likelihood the child will eat that lunch! Have kids read food labels for snacks like pretzels or baked chips, & count out the number of pretzels or chips that equals one serving. Let them count out 5 individual servings & have them put into baggies to make your own less expensive "100-150 calorie" packs to grab during the week.



A healthier option at... Burger King

Here's our next stop on our tour of healthier choices. Last month we found a healthier meal at KFC— this month we're on to Burger King!



Instead of:

Whopper with cheese 770 cal
Medium fries 480 cal
Large Coke 490 cal
(1740 calories, 71 gram fat)

Try this:

Cheeseburger 340 cal
Apple fries 25 cal
Caramel dipping sauce 45 cal
Diet Coke 0 cal
(410 calories, 16 fat grams)