



JOIN THE LUNCH REVOLUTION!

count your colors, not your pennies; measure your portions and the healthy savings will follow

Chef Ann Cooper, the Renegade Lunch Lady, has been transforming school food programs from Harlem to Berkeley with wholesome, nutritious, delicious meals for kids. But her lunch lessons apply to anyone who wants to get the nutrition needed for a healthy body and more than half a brain!

BUILD A BETTER LUNCHBOX

Whether It's in a Bento Box or Not and Whether You're in School or Not

Lesson 1: Choose something from each category. **Lesson 2:** Be mindful of portions.

Lesson 3: Include as many colors as possible in every lunch.

WHOLE GRAINS

- whole-grain sandwich bread
- whole-grain pita bread or chips
- whole-grain tortilla
- whole-grain English muffin
- whole-grain chips or crackers
- whole-grain pasta or couscous
- brown rice, quinoa or millet
- whole-grain muffin
- granola
- corn

FRUITS

- apple
- banana
- plum
- nectarine
- peach
- orange
- apricot
- kiwi
- melon
- grapes
- strawberries
- blueberries
- raspberries
- raisins
- dried fruit
- 100% fruit juice
- 100% fruit spread

CALCIUM

- yogurt
- cheese
- tofu
- dark leafy greens
- almonds or almond butter
- beans
- hummus
- milk or fortified soy, rice or almond milk
- 100% orange juice (fortified)

HEALTHY FATS

- almonds or almond butter
- walnuts
- avocado
- salmon
- flax oil
- flax seed
- olives
- extra virgin olive oil



PROTEIN

- nut butter (peanut, almond, soy)
- cheese
- hard-boiled egg
- neufchâtel or fresh goat cheese
- cottage cheese
- other cheeses
- beans
- edamame
- hummus
- tofu
- seitan
- tempeh
- seafood*
- water-packed canned tuna or salmon *
- turkey or chicken
- lean beef
- ham
- nuts (cashews, pecans, walnuts)
- sunflower seeds

*Please see information about fish and mercury at wholefoodsmarket.com/foodsafety/methylmercury.html

VEGETABLES

- green leaf lettuce
- greens
- carrots
- jicama
- green beans
- celery
- avocado
- bell pepper
- olives
- potatoes
- broccoli
- snap peas
- asparagus
- artichoke
- spinach
- sweet potato
- cabbage/slaw
- peas
- eggplant
- onion
- cucumber
- tomato (technically a fruit)
- zucchini
- squash
- cauliflower
- 100% vegetable juice

Why are the last few eggs in the carton better for making hard-boiled eggs? (answer on back)