

The Doctor Says

1. Sample lunch menus for Mr. Lee:

Monday: Roast turkey sandwich with lettuce, tomatoes, and mustard on 100% whole-wheat bread; red and green pepper slices with hummus dip; a home-made trail mix of raisins, dried papaya, almonds, and soy nuts (with lunch or for snack); and unflavored milk (from the convenience store)

Tuesday: 100% whole-wheat pasta tossed with vegetables, olive oil, and a small amount of parmesan cheese; mixed tossed salad with an olive oil vinaigrette; a whole-grain roll; and ice water (at a local restaurant), plus an apple and grapes (packed from home to eat after lunch or for a snack)

Wednesday: Veggie burger on a 100% whole-wheat bun with lettuce and tomato, vegetable soup (in a thermos), half a cantaloupe, and plain yogurt with fresh blueberries (with lunch or for a snack)

Thursday: Lentil soup; a side salad with romaine lettuce or a spinach salad topped with quinoa, walnuts, and an olive oil vinaigrette; and bottled water (at a local deli), plus strawberries (packed from home)

Friday: Tuna salad (made with olive oil or a small amount of mayonnaise) in a whole-grain pita pocket with lettuce and tomatoes, a mozzarella cheese stick, celery and carrot sticks, a pear (with lunch or for a snack), and water

2. Good snack choices for Susan include grapes, strawberries, apple, peach, sparkling water with a splash of 100% fruit juice, plain yogurt, 100% whole-wheat bagel, unsalted or lightly salted nuts, whole-grain crackers, whole-grain cereal, peanut butter, carrot sticks, raisins, and mozzarella cheese sticks.

Less healthy snack choices include Doritos, a doughnut, chocolate chip cookies, soda, Gatorade, Kool-Aid, and Twinkies. (For more information on why Gatorade and other sugary drinks are not the best snack choices for children, see the background information for lesson 7, Sugar Water.)

3. Sample healthy breakfast choices for Shawn:

Bowl of mixed fruit and whole-grain toast

Buckwheat pancakes with strawberries

Hot steel-cut oatmeal with fruit and unflavored milk

Melon or cantaloupe with plain yogurt and granola made with healthy oils and nuts and with little or no added sugar

Whole-grain cereal with unflavored milk

100% whole-wheat English muffin with almond butter

Hard-boiled egg with 100% whole-wheat toast and red pepper slices

Other healthy food choices include fruit such as bananas, peaches, or oranges; whole-grain breads or cereals; nuts or nut spreads (including peanut

butter); plain yogurt, unflavored milk, or a small piece of cheese; any healthy dinner leftovers, especially those with vegetables, whole grains, and healthy protein. If students include 100% tomato, orange, grapefruit, or other fruit juices, remind them to limit it to a small glass—no more than 4 to 6 ounces (120-170 ml) per day.

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).