

Packing Smart

[Announcer] This podcast is brought to you by the Centers for Disease Control and Prevention. CDC - safer, healthier people.

[Chris] Hi kids! Welcome to CDC Kidtastics Radio! I'm Chris Kidtastic. Today, we're talking about how to pack a super lunch!

[Karmen] You can help your mom or dad fix your lunches. Start by making a menu for the week. Choose different foods that you like and that are good for you. Snack-size packs are okay or get big packages of your favorite foods and repack enough for each day in plastic bags. To prevent hectic mornings, try making your lunch the night before. Just make sure you keep the food that might spoil in the fridge until it's time to go.

[Chris] Get creative! Plain sandwich? BORR-ING. Jazz up your lunch! Use different kinds of breads, like whole-grain pita pockets, tortilla wraps, raisin bread, or English muffins. Make snacks with cut-up fruits and vegetables and bring along yogurt or salad dressing as a dip. Fix a salad with some chicken on top. Pack dry cereal or granola to mix into yogurt, or snack on pretzels or trail mix.

[Karmen] Here's a bunch of different foods you can put in your lunches for the power and energy you need to make it through the day. Lots of fruits and vegetables, like apples or carrot sticks. A container of milk or yogurt, or some cheese. Whole-grain bread for a sandwich; cereal mix; or pasta, like spaghetti. Some protein, like ham, chicken, tuna fish, hard-boiled eggs; nuts; trail mix, or beans, like a bean burrito. And for dessert - pudding or graham crackers. YUM!

[Chris] Choose low-fat or non-fat foods whenever you can — like low-fat yogurt, cheese, or milk.

[Karmen] It's not as tough as it sounds. A turkey and cheese wrap with lettuce and tomato, plus an apple or banana, and some milk would do it. Lunch doesn't have to be hard or boring. Have fun! Pack a lunch you'll love that gives you the energy you need to make it through school, practice, homework—all the way until dinner!

[Chris] Thanks for listening to CDC Kidtastics Radio. We'll talk to you again soon. Until then... be a safer, healthier kid!!

[Announcer] For more health information, go to www.cdc.gov or call 1-800-CDC-INFO, 24/7.