

# Pediatric Care for Digestive Disorders

## Healthy School Lunch Ideas

Teaching kids to choose healthier school lunch options can be challenging, but parents can set a good example by making healthier food choices of their own. Avoid fried foods when possible and choose low-fat milk or water over sugary beverages like soda. Also, encourage meal selections that include fruits, vegetables, lean meats and whole grains.



When children are old enough, have them help with packing their own lunches. Brainstorm food and snack ideas together. Try new twists on old classics, like PB&J (see recipe below). Other healthy lunch options include grilled chicken, tuna and veggie wraps, soups and salads and even leftovers from last night's healthy dinner. Just be sure to include a cold pack to prevent food borne illness.

### Sample School Lunch Recipe: Crunchy Sandwich Wrap

1 whole wheat tortilla

1/2 thinly sliced banana, 1/2 apple sliced or another favorite fruit

1-2 T smooth or crunchy peanut butter or other nut butter *(choose one with no trans-fat)*

1 T all-fruit jam or jelly

Layer all ingredients in the tortilla and roll tightly, using some peanut butter to glue ends together. Leave whole or cut into 1-inch portions. Wrap or place in container. Add some mini carrots, an apple and a small water or beverage.

*"The real trick to teaching kids about healthier nutrition choices is to get them involved in the cooking process. Make it fun and try new fruits, veggies, beans and whole wheat pastas. Learn to make your own hummus by using a blender to mix chickpeas with some spices."* – Gayle Brazzi Smith, MS, RD - Corporate Chief Clinical Dietitian.

In addition to providing healthy lunches, it's also important to teach your kids proper nutrition. Nutritional programs and educational services are offered at the Pediatric Gastroenterology Specialty Practice at Arnold Palmer Hospital for Children, a part of Orlando Health. Our team is made up of a dietitian, a nurse practitioner, pediatric gastroenterologists, clinical nurse specialists and support staff. And all of our specialists are board-certified in Pediatric Gastroenterology or Nutrition.



For information about the services offered at the Pediatric Gastroenterology Specialty Practice, call 321.841.3338 or visit [arnoldpalmerhospital.com](http://arnoldpalmerhospital.com).

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**ARNOLD PALMER HOSPITAL**  
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References: [eatright.org](http://eatright.org), [mypyramid.gov](http://mypyramid.gov) and [kidshealth.org](http://kidshealth.org)

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