



Recommended Daily Percentages

Food Chart

Just for Kids!

Hang this in class or on your refrigerator and make healthy choices!



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Highest Nutritional Value - Whole Food - Example **Apple**

Lean protein: baked, boiled, or grilled; fish, chicken, beef, turkey, pork, shrimp, lean meats, eggs
Fresh fruit: avocado, olive, banana, apple, orange, melons, berries, plums, grapes, lemon, lime
Fresh vegetables: green beans, broccoli, corn, potato, rice, beans, yam, carrots, celery, salads
Spices & herbs like garlic, onion, cilantro, turmeric, curry, basil, thyme, parsley, pepper, cinnamon
All nuts, seeds, grains, & oats with minimal additives or preservatives!
A natural sweetener for fresh lemonade or cereal is 100% grade A pure maple syrup!



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Medium to High Nutritional Value - Processed Food - Example **Applesauce/ no sugar**

frozen, dried, or canned vegetables, whole grain pasta, high fiber / low sugar cereals, whole grain or oat baked breads-tortillas-chips-crackers, low fat dairy milk, soy milk, rice milk, almond milk, natural peanut butter, whole grain waffles & pancakes, oven baked French fries & sweet potatoes, 100% fruit & vegetable drinks / no added sugar or food color, low sugar protein shakes & bars, whole grain & oat bar snacks, juice boxes & fruit cups with no added sugar, olive oil dressings, low fat / salt soups, lean chicken or turkey lunch meat, turkey bacon, low sugar yogurts & smoothies, cheese

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Low Nutritional Value - Processed Food - Example **Applesauce/ with sugar**

grilled fast food meals, boxed pre-seasoned rice & pasta, macaroni & cheese, baked chicken nuggets & fish sticks, instant oatmeal-grits-grains-potatoes, pizza, hamburgers, hotdogs, packaged sandwich meat, frozen waffles & pancakes, low sugar / low fiber cereals, white bread / biscuits, pudding, cracker snacks, fruit spreads, ketchup, mustard, juice boxes & fruit cups with added sugar, regular peanut butter, pre-packaged frozen dinners, fried corn & potato chips, corn dogs, fried vegetables-French fries & tater tots, chocolate milk, high sugar yogurt & ice cream

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No Nutritional Value - Processed / Junk Food - Example **Apple chewy snack with sugar & food color**

high fat / salt canned soup, canned cheese, bacon, fried fast food meals, high fat salad dressings, mayonnaise, butter, milkshakes, soda / carbonated drinks, white sugar, candy, jelly, high sugar no fiber cereals, suckers, cookies, cake, donuts, high fructose corn syrup, hydrogenated oil, artificial sweeteners, food coloring

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IMPORTANT: This outline rates foods on a scale from 0 to 10 according to its nutritional value and the impact it has on your overall health. It is intended to give guidance and a visual aid to help children learn how to choose healthier foods to eat. This information reflects the author's experiences and opinions. It is not intended to replace any medical advice from your doctor. © 2013, LunchBox Kids, LLC. All rights reserved.