**Back-to-School Nutrition**
Doctor/Sports Mom Offers Tips on Back-To-School Nutrition
**Date**September 05, 2008
**Duration** 2:07

**Transcript**

[T. Rohr-Kirchgraber] What's appropriate is healthy, good eating. We shouldn't be so focused particularly on weight but on putting the healthy things into our bodies so that we can get the most out of them. If you're trying to lose weight - if you're in the obese category and that's within the body mass index of greater than 27 or 30 - then yeah, dieting in the sense of creating a healthy diet and creating a healthy lifestyle would be really important to bring your body mass index down to what's considered a normal level. A healthy diet in general is 3-4 servings of milk a day or dairy type products - if you don't like milk there's always yogurt and cheese - five servings of fruits and vegetables a day, and then some degree of protein with every meal.

If your child is eating a school lunch, you can actually get the menu. A lot of times every school will have it on their web site or it comes home in their after school folders. Look at what they're offering and help your child ahead of time to pick appropriate foods and healthy foods. If you're packing your lunch, you'll want to do a couple of things - one is have some snacks that the kids actually want to eat so have them go with you to the grocery store and pick out things.

Some examples would be things like this. For example, small servings of fruits. Applesauce, put this in the freezer before they go to school and when you put in their lunch box, by the time they're ready, it's kind of a nice cold almost a dessert type, and it keeps the rest of the things cold for lunch. Granola bars, cheese sticks – those types of things are good extra snacks with their sandwiches. Pick sandwiches that they'll want to eat. Have them help you make it whether it be a bologna sandwich or peanut butter and jelly, it should be something that is easy for them to eat and something that they'll want to eat so they won't be trading it away for something that you don't want them to have.