

# Solid School Lunches

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At the cafeteria, your child may stand face to face with fast food and sugary treats. But you can teach her to make healthier choices.

## EXPLAIN YOUR REASONING

Saturday morning TV commercials only tell half the story. Excess sugar and fat put kids at risk for obesity. Sugar can cause tooth decay; oil can exacerbate acne; and the salt and fat in fried foods can lead to heart and blood pressure problems.

## GIVE SOME GUIDELINES

Encourage kids to avoid fried or buttery food. Steer them toward water and 100% fruit juice and away from sugary soft drinks and fruit punches.

## OFFER SOME OPTIONS

Pretzels and apple slices are better than chips. Milk (especially low-fat) is better than soda. Suggest replacing the soda and fries with yogurt, applesauce and mandarin oranges.

## SHOW WHAT YOU KNOW

Go to a fast-food outlet with kids and show them that a small burger, salad and water can be satisfying without the fries, soda and high-fat condiments like mayonnaise, sour cream and guacamole.