

Know your options!



You can eat healthier food in the school cafeteria than in fast food restaurants.

The cafeteria serves healthy whole grain options every day. Whole grains are good for your heart and can help you maintain a healthy weight.

Compare the nutritional information for cafeteria food on your school's website (cafe-la.lausd.net) to the nutritional information for fast food.

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Energize your lunchbreak!



Have you tried the cafeteria food recently? Students approve most cafeteria food in taste tests before it is served in schools.

The cafeteria always has fresh fruits and vegetables.

The cafeteria welcomes student suggestions.

Did you know that most students in LAUSD can eat for free or at a reduced price in the school cafeteria?



Choose healthy fuels!



Choose the right kinds of food and the right amount of food to balance the activity you do.

Look at the nutrition label.

The calories tell you how much energy is in the food.

Check out the serving size – there may be more than one serving per container.

Keep in mind that some of the healthiest foods – like fresh fruits and vegetables – do not have labels.

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Fuel up with food!



Your body needs nutrients like proteins, carbohydrates, vitamins, and minerals to help you think, grow, and build muscles and bones.

Limit the amount of sugar you eat and drink.

Limit foods with unhealthy fats, like saturated fats and trans fats, which are found in fast food, fried food, and pastries.

Try foods that have healthier fats, like nuts, oils, and avocados.