



# Healthy Eating Tips for Back to School

*by Chrissy Garner, MS, CNS, LDN, CPT*

To keep your kids immune system healthy during back to school/remote learning this year.

1. Avoid simple, processed or refined sugars and flours daily
2. Eat the rainbow daily to include many different antioxidant rich fruits and veggies
3. Add foods with antiviral properties. Garlic, coconut oil, kimchi, oregano, walnuts, pomegranate, green tea, apple cider vinegar
4. Vitamin D – Sunlight!!!! Tuna, eggs, mushrooms, salmon, organic dairy
5. Vitamin C – citrus, berries, bell pepper, broccoli, Brussels sprouts, spinach, asparagus, tomato, papaya, mango
6. Zinc – beef, chicken, shellfish, pumpkin seeds, garbanzo bean, lentil, cashews, quinoa
7. Quercetin – apple, red grapes, kale, spinach, caper, cherries
8. Glutathione – garlic, broccoli, cauliflower, Brussels sprouts, kale, bok choy
9. Probiotics – miso, sauerkraut, fermented pickles, kombucha, kefir, natto
10. Omega 3 fats – fatty fish (salmon, mackerel, tuna, anchovies) chia seeds, flax seeds, hemp seeds

## SUPER SNACKS!

- Turkey roll ups with hard boiled eggs
- Blueberry protein waffles with added peanut butter
- Chopped fruit with mixed nuts
- Guacamole with sliced veggies
- Raisins and string cheese
- Whole grain crackers and hummus
- Whole grain pretzel sticks with almond/sun butter
- Pickles
- Olives
- Unsweetened applesauce in squeeze packs to go