

How to build a BENTO BOX

Bento boxes are a fun way to put together lunches that are both well-balanced and exciting to eat – for kids and adults alike! Below, you'll find the basic formula for building a solid lunch, plus ways to add a nutritional punch with eggs. As a naturally nutrient-rich choice providing a good or excellent source of eight essential nutrients, including choline and high-quality protein, eggs are easy and incredibly versatile, with limitless ways to nourish and delight the whole family.



PROTEIN



- Eggs
- Beans
- Cheese
- Yogurt
- Chicken
- Tuna
- Turkey
- Ham

GRAIN



- Bread
- Wrap
- Crackers
- Granola
- Quinoa
- Rice
- Cereal
- Muffin

PRODUCE



- Blueberries
- Grapes
- Apple slices
- Dried fruit
- Carrot sticks
- Cucumber slices
- Cherry tomatoes
- Frozen fruit

FUN

- Dips
- Treats
- Seasonings
- Unique utensils
- Colorful containers
- Cute presentation (cut items into shapes, roll-ups, etc.)

WHY EGGS?

Muscle & Bone Health: The high-quality protein in eggs helps maintain and repair muscle while supporting bone health. And eggs are one of the only foods that naturally have vitamin D, which along with calcium, is critical for building strong bones.

Brain Health: Eggs are an excellent source of choline and one of the most concentrated food sources of choline in the American diet. Adequate choline intake supports brain health throughout life.

Eye Health: Lutein and zeaxanthin found in egg yolks can help protect the eyes from harmful blue light emitted from devices like smartphones, computers, and tablets.



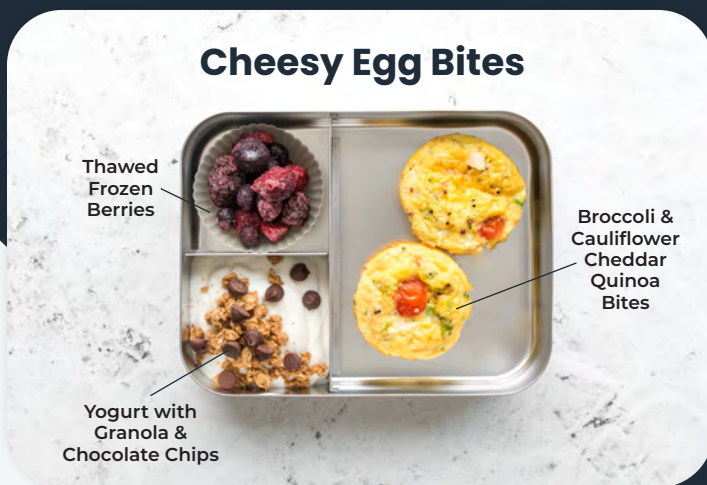
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THEN MAKE IT *FUN!*



QUICK TIPS:

1. Adjust portion sizes and presentation based on age and dietary preferences.
2. Don't have a box? Pack components in whatever reusable containers you have.
3. Add whatever vegetables you have on hand to frittata muffins. (Eggs are a great carrier for under-consumed veggies!)
4. Don't throw out the egg yolk! Nearly all the vitamins and minerals are located within the egg yolk including choline, lutein & zeaxanthin, and about 40% of the protein.
5. Pack your lunch in an insulated bag with an ice pack.
6. Find the recipes for **Broccoli & Cauliflower Cheddar Quinoa Bites**, plus **Blueberry Avocado & Banana Muffins**, and many more delicious egg recipes at [EggNutritionCenter.org](https://www.eggnutritioncenter.org).



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