

Back-to-School Eats: Less Sugar, More Learning

Written by Eliza Cann

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Dr. Wolfson is a board-certified cardiologist who has emerged as one of the world's leading holistic, natural cardiologists. Dr. Wolfson has taught over 10,000 physicians his natural heart-healthy practices, and his book, *The Paleo Cardiologists: The Natural Way to Heart Health*, was an Amazon No.1 best seller.

We sat down with Dr. Wolfson to pick his brain about all things heart-healthy school lunches and after-school snack ideas to keep the kids fueled and full.



Photo by [Anton Darius](#)

AFM: What are some healthy, back-to-school lunch options for the kids?

JW: "A healthy, school lunch is the key to keeping your child ready to load their young brain. Gone are the days of soda and potato chips. If your kiddo is a sandwich fan, try a new take on the classic. With gluten-free bread, add some avocado, romaine lettuce and organic turkey meat. Applegate has some excellent options. Take it to the next step and do a wrap instead of bread. Another option is sliced carrots, cucumber, celery and fresh fruit. Add some sweet potato chips and heirloom varieties from Jackson's Honest. The kids will love these."

AFM: What about snack options?

JW: "After-school, our boys are ready for a snack before dinner. A hard-boiled egg with dulse flakes is a favorite in the Wolfson house. We also like Sea Snax and sliced veggies. Almonds, walnuts and pistachios are also perfect. Fresh fruit is best, but dried banana chips are sure to put a smile on their faces."

AFM: What are the best foods for the heart? What should we be adding into kids' diets early on?

JW: "The best foods for the heart include beets, green leafies, avocados and wild seafood like sardines, anchovies, and wild salmon. Shellfish, anyone?"

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Photo by [Qearl Hu](#)

AFM: Are there certain foods we should be avoiding when packing lunches and snacks?

JW: "Try to avoid foods and drinks that are processed or anything that is artificial. Try to stay to organic as much as possible."

AFM: Any other tips for back-to-school lunches as we approach the new school year?

JW: "Keep the sugar low and the quality fats high. Make sure everything is organic. All the flavor your kids love, just not the chemicals and drink water. Remember, the less sugar, the more learning."

To learn more about Dr. Wolfson visit, www.thedrswolfson.com.