

## Healthy Lunch

Have you ever considered packing your own lunch? Beat the sandwich humdrums by packing a variety of foods with different shapes, sizes, colors and flavors. Keep an eye on using foods from the Green food list. Eating more of these foods will help you feel fuller longer into the afternoon.

### ***What should I eat?***

Include foods from the whole-grain, fruit, vegetable, and dairy or meat group.

- Choose 100% whole-wheat bread, buns, sandwich thins or tortillas, or whole-grain crackers.
- Include a serving of low-fat protein (egg, milk, cheese, yogurt, meat or dried beans).
- Include a serving of fruit and/or vegetable.
- Instead of sides like chips, pretzels, fruit snacks or cookies that are on the Red food list, include whole-grain crackers, cereal from the Green food list, popcorn or peanuts (or other nuts).

### ***What can I take to school for Lunch?***

- Roll up a whole-wheat tortilla filled with turkey, shredded cheese, lettuce, tomato and salsa. Serve with some fruit and water.
- Stuff 100% whole-wheat pita bread with hummus, cucumber slices and shredded carrots. Serve with some fruit and a carton of fat free or 1% milk (skip the chocolate- and strawberry-flavored milk – Red foods).
- Make the ol' lunch time favorite using no sugar-added peanut butter on whole-wheat bread. Serve with a few apple slices and some baby carrots. Dip the apple slices in lite yogurt.
- Take breakfast for lunch. Pack a container of lite yogurt, a bag of a dry cereal from the Green food list mixed with peanuts, and fruit. Drink water.
- Make a Tuna Sub. Take a 100% whole-grain roll and layer on tuna mixed with low fat salad dressing leaf lettuce and sliced cucumbers. Pack a baggie of strawberries to take along.



### ***What can I eat for Lunch at home?***

- In a hurry: Cold thin crust cheese pizza and some leftover salad from dinner. Serve with a handful of frozen grapes, really...frozen!
- Try turkey or lean ham on toasted 100% whole-wheat bread. Add some lettuce, tomato or other thinly sliced veggies like cucumber. Top with a spread of mustard. Serve with raw broccoli along with fat-free dip, a serving of fruit and a glass of skim or 1% milk.

- Grill low-fat cheese onto 100% whole-wheat bread. Serve with a cup of Minestrone soup and fruit.
- Heat up some whole-wheat spaghetti with tomato sauce and sprinkle on parmesan cheese or other low-fat cheese. Add a few celery sticks and baby carrots on the side. Drink a glass of 1% or skim milk.
- Heat up some leftovers from yesterday's healthy dinner.
- Toss a "Chef's Salad". Mix leaf lettuce with cucumbers, carrots, tomato, and green peppers. Layer on a hard boiled egg, ham or turkey cubes, and low-fat shredded cheese. Drizzle lightly with low-fat Italian salad dressing. Serve with a few 100% whole-grain crackers and a piece of fruit.

**Talk to your dietitian** for more information about portion sizes that are right for you or your child.