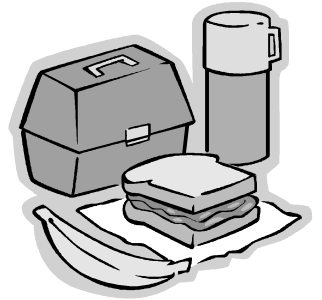


Tips for Packing Lunches to Go



Why Pack Your Lunch?

- Less expensive than eating out
- You control the nutritional quality of your meal
- Save time by avoiding lines or waiting to be served

Appetizing Lunch Ideas

- ❖ Try a combination of peanut butter, honey and banana slices on whole wheat bread
- ❖ Top 2 cups of leafy greens with chicken breast or tuna, tomatoes, carrots, walnut halves & 2 T. fat-reduced dressing; add a whole wheat roll for healthy carbohydrate & fiber
- ❖ Wrap up fresh spinach leaves, red pepper slices and 1/3 cup hummus in a whole wheat tortilla
- ❖ Enjoy a cup of vegetable or bean soup (like Healthy Choice); serve with some whole wheat crackers and string cheese
- ❖ Marinate some cut-up fruit in orange juice; top with a carton of your favorite yogurt

Planning

- ✓ Include some lean protein, whole grains, fruit and/or vegetables and a calcium source in your lunch
- ✓ Plan a week of lunches in advance to make shopping easier. Make a list and stick to it!
- ✓ Make your lunch the night before
- ✓ Wash and cut up vegetables after shopping so they are ready to go
- ✓ A frozen meal (like Healthy Choice or Lean Cuisine) can be a healthy lunch alternative -- but they are more costly
- ✓ If fast food is your only option, choose a grilled chicken sandwich or 6 inch turkey sub with the mayo on the side. Skip the fries and chips; substitute a cup of vegetable or broth-type soup, a side salad with low-cal dressing or a piece of fruit