Why Pack Your Lunch?

* Less expensive than eating out
* You control the fat and calorie content of your lunch
* You control the nutritional quality of your lunch
* Save time by avoiding lines or waiting for your food to be served

Planning

* Lunches should include a protein, a grain serving, fruit and/or vegetable, and a calcium source
* Plan the week's lunches in advance to making shopping easier
* Prepare for the next day's lunch the night before
* Wash and cut vegetables when you get home from the store so they are ready when you make sandwiches

Appetizing Lunch Ideas

* Gently toss steamed veggies from the night before in Italian dressing, serve with crackers and cheese
* Line a pita pocket with Swiss cheese and stuff with your favorite veggies just before eating
* Try a combination of peanut butter, honey, and banana slices on whole wheat bread
* Marinate cut-up fruit in orange juice, pack into an "edible bowl" like a melon half and top with a dollop of yogurt
* Cut vegetables lengthwise when using in a tortilla wrap; fill tortilla with your favorite fillings and place vegetables in the middle, roll and eat!
* Add nuts to your lunch, they are a good balance of carbs and protein

Great Afternoon Snacks

* Half a small raisin bagel with fat free cream cheese
* Apple and low-fat cheese stick
* Handful and nuts and raisins
* Celery sticks with peanut butter
  * Vegetable soup
  * Handful of pretzels
* Fat-free frozen yogurt topped with fresh fruit
Mix-And-Match For A Healthful Lunch

Bored with the same old sandwich? Keep a variety of foods in your pantry, refrigerator and freezer to mix-and-match for innovative lunches.

**Start with one....**
- whole wheat bread
- 7-grain bread
- pita
- bagel
- mini-bagel
- whole wheat roll
- tortilla

**Add...**
- turkey
- ham
- lean roast beef
- hummus
- tuna salad (low-fat)
- sliced chicken
- roasted eggplant

**Top with any...**
- broccoli sprouts
- 1 slice cheese
- spinach leaves
- lettuce
- cucumber slices
- tomato slices
- roasted red pepper
- hot pepper rings
- onion
- shredded carrot

**Add...**
- mustard
- low-fat mayo
- low-fat dressing

**Snacks**
- baby carrots
- raw broccoli
- raisins
- celery
- low-fat dip
- whole fruit
- applesauce cups
- pineapple spears
- juice boxes
- pretzels
- low-fat popcorn
- low-fat granola bar
- grapes
- yogurt
# Recipes

## Turkey Salad Pita
1 serving

- 2 oz. sliced Turkey breast
- 1/2 cup bagged coleslaw
- 2 Tbs. low-fat honey mustard
- 2 Tbs. cranberry relish
- 1/2 pita pocket

Spread cranberry relish in the pita, place turkey inside. Combine coleslaw and honey mustard dressing together and spoon into pita. Enjoy!

## Black Bean and Corn Wrap
4-5 servings

- 1 can (15 oz) corn
- 1 can (15 oz) black beans
- 1 cup fresh tomato salsa
- 1/2 tsp cumin
- 1/2 tsp chili powder
- 3 dashes cayenne pepper
- 6" tortilla, any flavor

Drain corn and beans. Mix all ingredients together and roll up in a tortilla.

## Peanut butter and apple sandwich
1 serving

- 2 Tbs. peanut butter
- 1 med. apple
- 2 slices raisin bread

Spread peanut butter on the raisin bread and add sliced apples on top. Enjoy!

## Almond Chicken Salad
4 servings

- 1 can (15 oz) pineapple tidbits
- 1 can (8.25 oz) mandarin oranges
- 2 cups diced cooked chicken or turkey or 1 can (10 oz) drained chicken
- 1/4 cup Miracle Whip
- 1/4 cup slivered almonds

Drain pineapples tidbits and mandarin oranges. In a medium bowl mix the fruit and meat together, fold in Miracle Whip and top with almonds.
Corn and Quinoa (Keen-wa) Salad with Chicken
4 servings

1/2 cup quinoa
1 cup cold water
1 cup canned corn
1 cup roasted or grilled chicken breast, cut in 1/2 inch pieces
1 medium tomato, seeded and chopped
1/2 cup finely chopped red onion
1 small jalapeno pepper, seeded and minced (optional)
1/2 green, red, or yellow bell pepper, chopped
1/2 cup lightly packed fresh cilantro leaves, chopped
1/2 cup orange juice
1 tsp ground cumin
1 tsp olive oil
Salt and pepper to taste

In medium saucepan, combine quinoa with water. Bring to a boil over medium-high heat. Reduce heat; cover and simmer 12 minutes. Remove from heat and let stand covered for 10 minutes.

In medium bowl, combine quinoa with next 7 ingredients. Add orange juice, cumin and olive oil. Toss to coat. Season with salt and pepper.

Recipe from American Institute for Cancer Research

Information on quinoa (Keen-wa)
- Excellent source of protein
- Whole grain food
- Can be substituted for most cereals and is a good replacement for rice
- Gluten-Free and Wheat-Free
- Seeds remain slightly crunchy and do not stick after cooking
- Mild, nutty flavor