



MHealthy Nutrition: HOW TO PACK A LUNCH



OPTIONS TO BUILD A BALANCED LUNCH

Protein & Whole Grain Ideas

- Choose lean proteins such as chicken, turkey, tofu, tuna, salmon, beans, or peanut butter.
- Choose whole wheat bread, tortillas, or pitas to make sandwiches. Whole grains add fiber and help keep you full longer.

Add Colorful Veggies if You Desire

- Load up on veggies like dark leafy greens, cucumbers, tomatoes, onions, peppers, carrots, or tomatoes for volume, flavor, and crunch!

Add Fruit, if That Sounds Good

- Choose a clementine, banana, apple, grapes, blueberries, pear, peaches, etc.; any fruit that is easy to eat and put in your lunch box!

How to Add Dairy

- Try yogurt, cheese, or cottage cheese for protein and calcium, which we need every day for bone health.

Incorporating Beneficial Fats

- Add avocado, olive oil, hummus, or nut butters to your sandwiches or as a dip for your fruit and vegetables. Beneficial fats keep you feeling full and satisfied.

TRY:

- Tuna on whole wheat
- Peanut butter sandwich
- Hummus & whole wheat crackers
- Grilled chicken & cheese quesadilla
- Beans & brown rice
- Turkey chili & whole wheat crackers
- Grilled chicken, brown rice and veggies

TIPS:

- Invest in a lunch box. Use ice packs or a thermos to keep your lunch fresh.
- Plan ahead of time. Choose one day to buy the ingredients you need and plan out your meals for the week.

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FORGOT YOUR LUNCH?

If you opt for take-out, consider these tips when ordering your meal.

Southwest Style Cuisine

- Choose grilled chicken, fish, or beans; add salsa, veggies, and/or guacamole to fill your tacos, burritos, enchiladas, fajitas, salad or entree.
- Ask for refried beans or rice.

Burgers

- For a different flavor, try a turkey burger, black bean burger, portobello mushroom or grilled chicken sandwich. Load it up with your favorite veggies: lettuce, tomato, onion, mushrooms; add guac, ketchup and/or mustard.
- Order a salad, veggies or fruit on the side.

Sandwiches

- Get whole wheat bread with extra vegetables.
- Have fresh fruit or veggies for a crunchy side.
- Try lean proteins such as turkey, roasted chicken, ham or hummus

Salads

- Choose your favorite greens (spinach, romaine, mixed greens, arugula)
- Build a salad with your favorite veggies available (carrots, cucumbers, tomatoes, beets, bell peppers, mushrooms, onions)
- Consider what type of protein you enjoy... Salmon, chicken, turkey, ham, hard-boiled eggs, beans (i.e. black beans, chickpeas)
- Do you enjoy fruit in your salad? (try adding pears, strawberries raisins, cranberries, or apples)
- Do you like a crunchy texture that comes from croutons, seeds or crackers on the side?