



MHealthy Nutrition:

HOW TO PACK A HEALTHY LUNCH



5 EASY STEPS TO A BALANCED LUNCH

Step 1: Protein + Whole Grain

- 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.

Step 2: Vegetables

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

Step 3: Fruit

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

Step 4: Low-Fat Dairy

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

Step 5: Healthy Fats

- Add avocado, olive oil, hummus, or nut butters to your sandwiches or as a dip for your fruit and vegetables. Healthy 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

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.

FORGOT YOUR LUNCH?

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

Mexican

- Choose grilled chicken, salsa, and vegetables to fill your tacos and burritos.
- Ask for vegetarian refried beans.
- Limit sour cream, cheese, and fried items.

A Burger

- Choose a burger on the kids' menu for a smaller portion.
- Have a salad as a side instead of fries.
- Order a grilled chicken sandwich.
- Hold the mayo, cheese, bacon, large sandwiches and large size options.

A Sandwich

- Get whole wheat bread with extra vegetables.
- Pick baked chips and fresh fruit for a crunchy side.
- Choose turkey, roasted chicken, or hummus instead of high-fat meats.