

Lunchtime Survivor (Ideas for Adults)

For more information call the Health ACTION Line at 345-5685 or 1-800-660-5853 or visit us on the web at: www.healthunit.org

Preparing a healthy lunch or choosing between all the options available at restaurants can make healthy eating a challenge. Making your lunch can be quick and easy when you know what to do. Read on for some ideas to help you become a lunchtime survivor!

Make your own lunch - there are many benefits:

- It costs less than eating at a restaurant.
- You control what goes into the food.
- You control portion sizes.
- You get exactly what you want.

Know the food groups

Choose at least one food from three or four of the food groups below to make a healthy lunch:

Grain Products

- Tortillas
- Pita pockets
- Pasta
- Bread
- Buns
- Bagels
- Muffins
- Rice cakes

TIP Whole grains are the best choice.

Vegetables and Fruit

- Carrot sticks
- Broccoli & cauliflower florets
- Cucumber slices
- Celery sticks
- Bananas
- Apple slices
- Oranges
- Canned fruit (peaches, pears)
- Applesauce
- Kiwis

TIP Choose colourful vegetables and fruits.

Meat and Alternatives

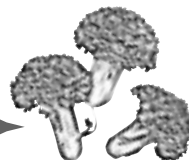
- Low fat deli meats (ham, chicken, roast beef or turkey breast)
- Chickpea spread (hummus)
- Lentils & beans
- Meat sauce
- Chili
- Tuna
- Nuts & seeds (almonds, sunflower seeds)

TIP Choose leaner meats and meat alternatives.

Milk Products

- Milk
- Chocolate milk
- Yogurt (drinks, tubes, or cups),
- Cheese
- Cottage cheese
- Milk pudding

TIP Choose lower fat milk products.



Easy, Healthy Lunch!



Mix it up!

If you find sandwiches boring, try something new. Use pita bread or a tortilla wrap and fill with tuna, egg salad, or ham and cheese. Bring a salad or veggies with dip on the side. What did you have for dinner last night? Leftover pasta, chili or casseroles make great lunches.

Keep your food safe!

- Store your lunch in a fridge until you are ready to eat.
- If there is no fridge at work, freeze a water bottle or juice container. They will keep the other foods cold and the beverage will have thawed by lunchtime. Insulated bags and ice packs also work well.
- Using a thermos will keep hot foods hot until you are ready to eat them.

Pressed for time?

If you don't have the time to pack your own lunch, the following tips will help you make the healthiest choices from vending machines or restaurants.

- Order dishes with sauce or dressing on the side and use only what you need. Choose lower fat versions if they are available.
- Remember that you don't have to finish! You can wrap up the leftovers and take them with you.
- Collect menus from local restaurants and keep them at the office. You can look through them and choose the restaurants that have the healthiest options before you go out.
- Check out the Eat Smart! website (<http://eatsmart.web.ca>) to find a restaurant near you that offers healthier menu choices.

Healthier lunch & snack options

Instead of ...	Choose...
Pop or milkshakes	100% juice, milk or water
Burger with mayonnaise, bacon, cheese and all the fixings	Small plain burger or grilled chicken sandwich without mayonnaise or bacon
Deep fried foods	Grilled, broiled, steamed or baked foods
Extra large size	Small size
Fries	Small baked potato with yogurt or low fat sour cream
Ice cream	Fruit cup or yogurt
Potato chips	Trail mix
Chocolate bars	Crackers and cheese

Eating a healthy lunch doesn't have to be a battle. By using these tips you will be able to prepare a healthy lunch and make smart choices to get the nutrition you need.



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