

Pick & pack a healthy lunch

Supersized fast-foods and large sit-down or buffet lunches feed your hunger, but supersize your waistline, too. Make your own lunch with healthier foods.

- Choose fruits and veggies of different colors.
- Eat salads with dark, leafy greens; veggies and fruits; chick peas, kidney, and other beans. Choose low-calorie salad dressing.
- When cooking dinner, make extra for lunches the next day or two.
- Cook chili, spaghetti, and rice and beans in bulk. Refrigerate or freeze in single storage containers.

In the evening, make family lunches and snacks for the next day. Save time in the morning!

Yes 

Low-sodium, lean meat and whole-grain bread sandwiches or whole-grain bowls or salads.

Nonfat and 1% low-fat milks. Low-fat cheeses and yogurts.

No 

High-fat luncheon meats on white bread.

Regular soda and high-calorie coffee drinks and milkshakes.

