



# Pick & Pack a Healthy Lunch

Supersized fast-food lunches and large sit-down or buffet lunches feed your hunger. They supersize your waistline, too. A better option is to prepare your own lunch with fresh and healthier foods. This lets you eat what you like and control calories, salt, fat, and sugar.

## LAST NIGHT'S LEFTOVERS

Make enough food for dinner to eat for lunch the next day. If salad and/or veggies are left, take them, too. Cook chili, rice and beans, and spaghetti sauce, etc. in bulk. Store these in single-serving containers. Refrigerate or freeze them for ready-to-go future lunches.

Some easy dishes to prepare more of to use as leftovers include:

- Rice, quinoa, or pasta
- Sheet pan roasted vegetables
- Dahl, cooked lentils
- Baked tofu
- Pasta sauces

## ITEMS TO STOCK FOR EASY LUNCH PREP

- Whole-grain breads, pastas, and cereals
- Fruits: Apples, apricots, bananas, berries, grapes, oranges, peaches, pears, plums, and pineapples
- Vegetables: Avocado, broccoli, carrots, salad greens, spinach, squash, sweet potatoes, and tomatoes
- Freshly cooked lean beef and pork; game meats; chicken and turkey; and fish and shellfish. Canned tuna and salmon.
- Unsalted almonds, peanuts, walnuts, sunflower seeds, and peanut butter
- Canned and dried fruit, such as raisins and prunes
- Chick peas, kidney beans, lentils, split peas and homemade or low-sodium soups made with these. Other low-sodium soups.
- Fat-free (skim) or low-fat (1%) milk or buttermilk; fat-free, low-fat, or reduced-fat cheese, fat-free or low-fat yogurt or yogurt smoothies
- Frozen fruit for smoothies
- Single-serving frozen meals with less than 800 milligrams of sodium

## ACTION STEP

Set aside time in the evening to pack lunches and snacks. They'll be ready to take in the morning.