

# HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY



## BROWN BAG LUNCHES

Saving money, eating better, using time wisely, and setting yourself up for success are all benefits of packing a brown bag lunch. Here are some ideas to keep you from getting bored with your lunch options.

**California Wrap**—Mix together chopped ham, shredded low fat cheese, lettuce, tomato and low fat Italian dressing. Wrap in a whole wheat tortilla just prior to serving.

**Chicken Salad**—Make your favorite low fat version and eat it by itself, in pita bread, wrapped in a whole wheat tortilla, with a few crackers or on light bread.

**Fluff**—Gotta love this quick easy lunch or snack treat. Sprinkle sugar free gelatin powder on fat free cottage cheese and add a couple tablespoons of sugar free Cool Whip. Mix together and you have a high protein treat. Add fruit if desired.

**Salads**—Top your salad with hard cooked eggs, thinly sliced steak, tuna, shrimp, low fat cheese, beans, taco meat/fat free sour cream/avocado/salsa, chicken for a protein rich lunch.

**Ham roll ups**—Fat free cream cheese spread on lean deli ham then rolled up make a delicious lunch. Add green onions if desired.

**Deli Rolls**—Choose your favorite low fat deli meat (roast beef, chicken, turkey, or ham), add your favorite accompaniments (low fat cheese, fat free cream cheese, veggies, and mustard) and roll up.

**Smoothie**—When you don't have time to chew well, consider a smoothie. Use milk, yogurt or protein powder as a protein source.

**Yogurt**—Add a scoop of protein or try some fresh fruit.

**Hummus and pita bread or fresh veggies.**

**Peanut Butter and Jelly**—Peanut butter and no-added-sugar jelly on light bread or crackers, or dip a banana or apple in peanut butter.

**Lunchables**—Make your own lunchable with cubed lean ham and cheese.

**Sandwiches**—Interesting sandwiches are a welcome change from the ordinary. Think wraps; chicken salad (made with fat free Miracle Whip); or a pita stuffed with chopped turkey, lettuce, tomato and low fat Italian dressing. Cut your sandwich into small strips to remind yourself to take small bites and chew well.

**Pre-packaged Food**—Utilize healthy pre-packed foods available from the grocery store. Individual packs are convenient and have the added advantage of controlling portions. You can find tuna, cottage cheese, string cheese, yogurt, fruit cups, crackers, raisins, soup, and many other options.

**Plan ahead**—Make a list of some of your favorite healthy foods and put them on your calendar. When you go to the grocery store make sure to put the ingredients on your list. If you are packing for other family members, enlist their help in planning and preparation. Pack your lunch the night before so you can enjoy preparing lots of healthy treats to enjoy the following day. Or take a week's worth of lunches to stock the work refrigerator.

