



The Brown Bag Lunch

Problem: After packing lunches day in and day out, new healthy ideas can be hard to come by. Traditional foods are often high in fat, sodium and calories (processed meats including bologna, potato chips, commercially prepared soups)

Solution: A healthy lunch includes: a complex carbohydrate (bread, pasta, or cereal); a protein (lean meat, chicken, fish, cheese, egg, beans or nuts); an unsweetened fruit; a vegetable; and a calcium source (milk, yogurt, or pudding). A healthy lunch is high fiber and nutrients, but modest in fat, salt, and sugar. Dessert, other than fruit, is optional. Mix and Match from the chart below to spruce up lunches and promote healthy eating. Remember, kids who eat well get sick less often.

Sandwiches

Breads:

- Pita Bread, preferably Wheat
- Whole Grain or 100% Whole Wheat
- Bran Bread
- Pumpnickel or Rye Bread
- Rice Cakes
- Bagels
- Norwegian Flat Bread Crackers
- Matzo
- English muffin
- Flour or Soft Tortilla
- Leftover Pancakes
- Unsalted Wheat Pretzels

Fillings:

- Turkey Breast or Lean Roast Beef
- Egg Salad (light mayo, raisins, green peppers, grated carrots, celery)
- Tuna Salad (same variations or apple cottage cheese, red pepper)
- Chicken/Turkey Salad (light mayo)
- Peanut Butter (with raisins, nuts, chopped apples, crushed pineapple, banana, chopped prunes, carrot)
- Cheese (unprocessed such as Swiss low fat cheddar) with fresh fruit or raw vegetables
- Tossed salad with cheese and light dressing in a pita pocket

Vegetables

Carrot, Green Pepper, Cherry Tomatoes, Cucumbers & Vinegar, Mushrooms, Beans, Peas, Broccoli, Cauliflower, Celery, Coleslaw, Lettuce, Spinach w/ Fat Free Cream Cheese, Baked Beans w/ Sweet Relish, Cheese Pizza, Veggie Pizza, English Muffin Pizza, Meatloaf (especially if ground turkey), Hummus (chick pea spread)

For dips, use low fat salad dressings, yogurt & spices, peanut butter thinned, or apple juice.

Fruits

Apples, Oranges, Grapefruit, Pears, Grapes, Bananas, Peaches, Plums, Melons, Pineapple, Raisins, Apricots, Prunes, Kiwi, Berries (strawberry, raspberry, blueberries), Unsweetened Apple Sauce, Canned Fruits Packed in Water or Juice (not syrup)