

## LUNCH at HOME

A nutrient-rich lunch can add a powerful punch to your day and your health. The right combo of carbohydrates and protein - with just a bit of fat - provides plenty of energy for your busy afternoon (without making you overfull and sleepy).

Nutrition experts agree that how you eat may be just as important as what you eat. Eating slowly and listening to internal signals of fullness may help prevent afternoon indigestion and help you maintain a healthy weight at the same time.

### PLAN

Whether it is a weekday lunch for one or a weekend lunch for the whole family, having a plan makes it much easier to have satisfying and healthful options for everyone. Lack of planning can easily lead to higher calorie, lower nutrient snacking instead of a meal.

**Make a list:** Take some time on a quiet evening to develop a list of options that your family likes to eat for lunch. Get individual suggestions and ideas from each person.

**Stock the staples:** Use the list to shop for necessary ingredients. Stock the freezer, fridge, and cupboard with items like frozen veggies, cheese sticks, and canned tuna.

**Rely on planned-overs:** Whenever you cook a favorite item for dinner, make extra. Freeze single servings for a quick, easy lunch when you are pressed for time.

### EAT

**Fruits & vegetables:** Nutrient-rich lunches start with brightly colored fruits and veggies. Try to fill about half your plate or bowl with produce - in the form of green salads with dried fruit, sliced fresh fruit, vegetable soup, or leftover cooked veggies.

**Whole grains & legumes:** These foods offer fiber and long-lasting carbohydrates. Enjoy sandwiches on whole grain breads or whole grain crackers with a large salad. Beans and peas (aka legumes) are great in soups, burritos, and salads.

**Lean protein & low-fat dairy:** A serving from these groups will provide enough satisfying protein to help you go strong until dinnertime. That's about 3-oz. lean meat, fish, poultry, or nuts in a sandwich or salad, along with 8-oz. milk or 1-oz. cheese.

### ENJOY

Take time to sit and enjoy your lunch. Put down your work and turn off the TV. When you pay attention to food and savor the flavors in every bite, you may eat less, especially if you also listen to your stomach and stop when you are satisfied.