



## Design a WRAP

Delicious for breakfast, lunch, or dinner

### Directions

- 1) Choose one of the items in the wrap list as the shell. Get ready to load it with delicious, good-for-you foods!
- 2) Next, choose 1 or more condiments and spread on one-half of the grain.
- 3) Decide which protein appeals to you and place it on top of the condiment.
- 4) Choose a cheese, exploring low-fat versions of this calcium-rich treat.
- 5) Now, the fun! Load your wrap with delicious veggies and whatever else sounds good to you.
- 6) Fold your wrap up like a burrito, sit down, relax, and ENJOY!

### WRAP

- Tortilla (whole wheat, corn, flour, red pepper, or spinach)
- Pita bread (or other soft, flat bread)
- Large lettuce leaf

### CONDIMENT

- Low-fat mayonnaise or salad dressing
- Mustard
- Pickle relish
- Olive oil and vinegar
- Low-fat cream cheese
- Salsa
- Hummus
- Cranberry sauce
- Jam, jelly, or fruit spread

### PROTEIN

- Beef (sliced roast or cooked ground)
- Turkey or chicken (sliced or salad)
- Tuna or salmon (canned or salad)
- Any leftover meat, poultry, or fish
- Egg (sliced hard boiled or salad)
- Beans or tofu slices
- Peanut butter

### CHEESE

- Cheddar, Swiss, Colby, Provolone, Monterrey Jack, or American
- Crumbled feta, blue, or gorgonzola
- Fresh or grated mozzarella
- Grated Parmesan or Romano

### VEGGIES (sliced or grated)

- Lettuce, cabbage, spinach, mushrooms, peppers, carrots, celery, tomatoes, onions, avocados, or cucumbers
- Cole slaw or other prepared salads

### OTHER

- Pickles, pickled veggies, or jalapeños
- Thinly sliced apples or pears
- Sunflower seeds or crushed nuts
- Sprinkled herbs and spices
- Ground flax seeds