Lunch On-The-Go

The benefits of a healthy lunch for adults and children are worth the time and effort. Also, how you eat may be just as important as what you eat. Eat slowly and listen to your internal signals of fullness. This may help prevent overeating and too much weight gain.

Plan

● A good lunch starts with healthy choices from all five food groups. Include lean proteins, whole grains, fruits, vegetables and low-fat dairy foods with your meals. Examples include:
  ○ Tuna sandwich (made with light mayo) on whole-wheat bread with sliced tomato, a slice of watermelon and skim milk.
  ○ Black bean soup, a whole-wheat quesadilla made with mozzarella cheese, salsa and a side of sweet strawberries.
● **Lunch at work:** When time and money are tight, a brown bag lunch may be best. Take a break from work while you eat. Go for a walk after your meal.
● **Lunch at fast food:** It is easy to overdo calories, fat and sugar. But, smart choices are now available at most chains. Choose 1% milk and fruit with kid-size meals.
● **Lunch at a restaurant:** Check out restaurants that have nutrition information for customers. Many chains also have nutrition facts on their websites.

Eat

● **Always start small.** Most serving sizes in the United States are two to three times what most adults need. Try smaller portions like a cup of soup or half a sandwich. You will get plenty of food and you may save money too. Kid-size burgers are actually great for adults, too.
● **Share, share, share.** This can help control your portion size. Share a sandwich or a large salad and a couple of sides.
● **Rethink your drink.** High-calorie drinks can add hundreds of extra calories to your day. Watch out for fancy coffee drinks and large soft drinks. For a healthy drink try skim milk (white or chocolate), unsweetened tea or ice water.

Enjoy

● Take time to sit and enjoy your lunch. Put down your work and enjoy a calming conversation with a friend or co-worker. When you enjoy your lunch and listen to your stomach, it is easier to stop when you are satisfied.