

The Healthy Lunchbox - What Goes In?

BREAD or CEREAL

Make it whole grain whenever possible. These provide energy, vitamins, minerals and fiber. More fiber is present in whole wheat, rye or cracked wheat. Look for the word "whole wheat" or "whole grain" on the ingredient label. Whole grain breads, pita bread, tortillas, muffins, quick breads, bagels or crackers are all good selections.

FRUITS & VEGETABLES

The best brown bag lunches will have at least one fruit and one vegetable. These are high in vitamins, minerals and fiber. Raw fruits and vegetables need little preparation and are easy to add to your lunchbox when you are in a hurry. Add some color and crunch to your sandwiches with grated carrot, zucchini, broccoli slaw or coleslaw.

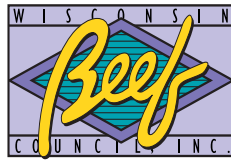
PROTEIN

Protein comes in many forms including meats, fish, cheese, eggs, nuts, beans and peanut butter. It does not have to be in a sandwich. Just remember to keep it lean and enjoy a variety of protein sources throughout the day. Lean deli meats are a good choice, which include top round roast beef, roasted turkey breast and lean baked ham. Other deli meats, such as salami and bologna are okay once in awhile, but have more fat and sodium than their leaner counterparts.

BEVERAGE

A great beverage to round out a healthy lunch is non-fat milk. If milk is not available water is another good choice or 100% juice. Stay away from the fruit drinks and soda whenever possible. They are loaded with sugar and low in other nutrients.

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Beef. It's What's For Dinner.

DID YOU KNOW?

Lean Deli Roast Beef has -

- Only 1 gram of fat per ounce
- Plus, 2 times the iron & nearly 3 times the zinc (compared to turkey breast)

SANDWICH IDEAS USING LEAN ROAST BEEF:

Veg Head: sun-dried tomato bread and lean roast beef beneath a bed of cucumber slices, tomatoes, sprouts and radishes topped with creamy dill dressing.

Dilly Beef Wrap: a flour tortilla spread with dill cream cheese, wrapped around chopped roast beef, shredded dill havarti cheese and diced cucumber.

Greek Islands: roast beef marinated in olive oil, lemon juice, red wine vinegar, garlic and black pepper; add sliced ripe olives, red onions, spinach leaves, tomatoes, cucumber and feta cheese. Wrap it all up in a warm pita.

Italian Artichoke Pitas: marinate black olives, halved cherry tomatoes and artichoke hearts in Italian dressing. Add Italian roast beef and goat cheese then stuff into warm pita pockets.

LUNCHBOX HINTS & TIME SAVERS

- Make your sandwiches fun by using different breads & spreads; cut them into different shapes
- Choose fruits & vegetables that are easy not messy; cut them into bite-sized pieces or portion pre-cut and cleaned produce from your grocery store
- Pack your lunch the night before and refrigerate to avoid the morning rush