

EAT A HEALTHY LUNCH



YOUR CHALLENGE: Eat a healthy lunch. Report the completion of your goal at www.dmba.com with a simple “yes” or “no.”

SO WHAT’S A HEALTHY LUNCH?

Lunch, like any other meal, should be nutritionally balanced and enjoyable to eat. After all, no single food can supply us with all the nutrients in the amounts we need, and the most nutritious foods in the world are no good if we don’t enjoy eating them. An easy way to help build a balanced lunch is to include fruits and veggies, grains, and protein – www.choosemyplate.gov can be a resource to help you in making better food choices and building a healthier lunch.

PACKING YOUR LUNCH VS EATING OUT – DOES IT MAKE A DIFFERENCE?

You can have a healthy lunch whether you are eating out or bringing food to work from home. However, eating meals that you prepare gives you control and knowledge of what and how much

you are eating. Sodium and fat are usually much higher when eating out, and there are often many hidden calories from added fat, sugar, or inexpensive processed grains.

WHEN EATING OUT ...

- Order à la carte or a child's plate. If you're served a large portion, eat just part, and save the rest for later.
- Substitute a small salad or fruit for French fries or chips.
- Be the first to order so you aren't swayed by what other people order.
- Split an entrée with a friend, and then order an extra side of vegetables or a salad.
- Opt for thin-crust cheese pizza, an all-veggie pizza, or one with half the meat.
- Try something new in the fast-food lane, such as a grilled chicken sandwich, salad, yogurt, or fruit.
- If you're thirsty, order water, unsweetened tea, or 100 percent fruit juice.
- Eat slowly, and stop eating when you begin to

feel full. Focus on enjoying the setting and your companions for the rest of the meal.

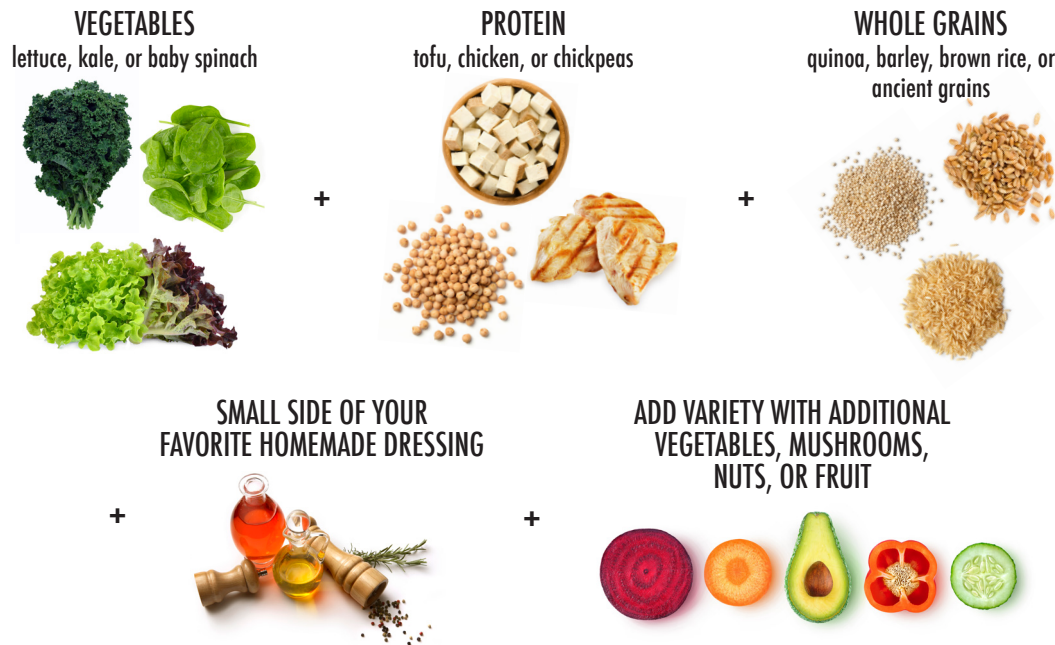
- If you want dessert, share one dessert among several people at your table.
- When the convenience store is your only option, select whole-grain snacks, string cheese, plain yogurt, nuts, or fruit.
- When a vending machine is all that's available, push the button for 100 percent fruit or vegetable juices, low-fat milk, nuts, or cereal bars.

WHEN PACKING A LUNCH ...

- Write down some easy-to-prepare lunch ideas before the work week begins. Try writing down a week's worth of lunches ahead of time.
- When cooking dinner, make more than enough for the meal and use the leftovers as an easy lunch.
- Prepare multiple lunches at one time.
- Mix things up.
- Think variety and lots of color.
- Serve familiar foods in unfamiliar ways.
- Plan for treats.



WHAT ARE SOME IDEAS FOR QUICK AND HEALTHY LUNCHES?



WHAT ABOUT PORTION SIZE?

While there are general guidelines around healthy portions (www.choosemyplate.gov), the size of your lunch depends on your needs. Some do well with a larger lunch if they have an active day. Others may eat small snacks throughout the day and, for them, a light lunch is enough. Be intuitive with your food. Pay attention to your hunger and fullness cues.

LUNCH IS AN IMPORTANT MEAL FOR EVERYONE

Eating a healthy lunch is important for so many reasons! It provides energy and nutrients to keep the body and brain working efficiently through the afternoon. Skipping lunch leaves us starving by the time we get home. This may lead to binge eating or the temptation to hit the drive-thru. Plus, taking time out of your busy day to eat lunch with a friend or co-worker helps strengthen your social wellbeing!

WANT MORE INFORMATION?

- American Heart Association <https://www.heart.org/en/healthy-living>
- WebMD <https://www.webmd.com/living-healthy>
- CDC Healthy Living <https://www.cdc.gov/healthyliving/index.html>

Note: If you can't complete this challenge because of a medical condition, let us know and we'll come up with an alternative for you.



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