

Make Lunch Count!

April 13, 2023



Concepts Taught:

- Learn why lunch is just as important as breakfast.
- Discuss how to make the most of your lunch time.
- Identify nutrient packed lunches.

USDA:

- The United States Department of Agriculture (USDA) has published research showing:
 - When breakfast or lunch is skipped, overall diet quality decreases - less fruits, vegetables, and whole grains and more empty calories are eaten.
 - When lunch is skipped, less vegetables, seafood, and plant proteins are eaten.

Importance of eating lunch:

- Improves focus at work or home, more energy throughout the day.
- Focus on a lunch that is balanced - includes protein, fat, and fiber.

Protein, fat, and fiber:

- These nutrients digest slower which makes you feel fuller for longer and have improved energy levels until next meal.

Other ideas for lunch break:

- Go for a short walk, read, listen to music, sit quietly/meditate, call a friend or family member for a short connecting moment, stretch, step away from screens/electronic devices

Good protein sources for lunch:

- Tuna, beans (black, kidney, garbanzo), skinless chicken or turkey, Greek yogurt, edamame, nuts (peanuts, cashews, almonds), hummus.

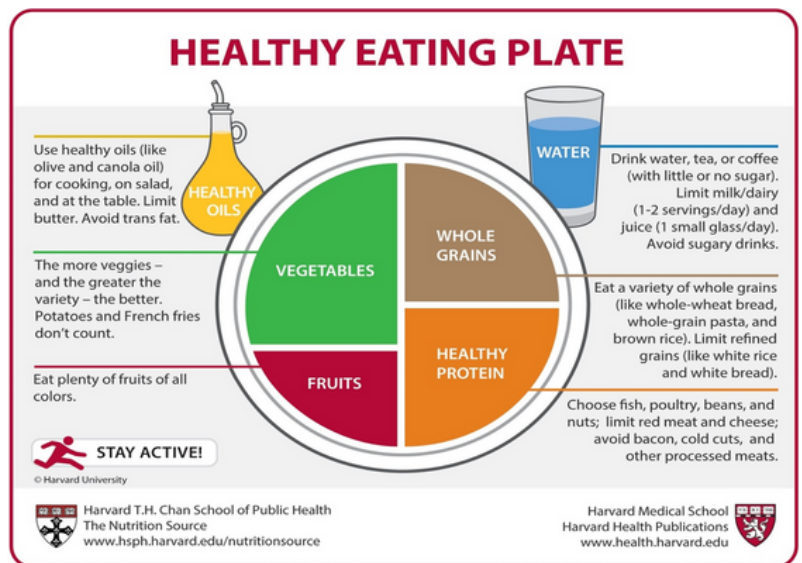
Good fat sources for lunch:

- Nuts (pistachios, pecans, walnuts), avocados, olive oil, seeds (chia, flax, sunflower, pumpkin), olives, peanut butter

Good fiber sources for lunch:

- Beans (pinto, great northern, black eyed peas), quinoa or brown rice, pears, whole grain bread, popcorn, raspberries, broccoli

Remember the basics:



Lunch ideas:

- Tuna salad on whole grain bread, side salad with vinaigrette, apple
- Veggie wrap on whole grain tortilla with hummus spread, veggies, side of cottage cheese, raspberries
- Lentil soup, side salad with hard-boiled egg and vinaigrette
- Chicken stir fry with brown rice and steamed stir fry vegetables