



BUNCH OF LUNCH

CLASSES 6 through 10

JUDY JOHNSTON, MS, RD, LD

Research Instructor

Department of Preventive Medicine and
Public Health

University of Kansas School of Medicine -
Wichita



CLASS 6 – 10

LEARNING OBJECTIVES:

At the end of these four sessions, participants will be able to:

1. discuss at least two reasons to eat lunch;
2. discuss at least one way to make healthy soups;
3. demonstrate how to make a healthy sandwich or sandwich alternative;
4. describe how to make healthy fast food choices when eating out;
5. discuss at least three key components of a well-planned, healthy lunch



WHY IS LUNCH IMPORTANT & HEALTHY SOUPS

CLASS 6



WHY YOU SHOULD EAT A HEALTHY LUNCH

- A a good lunch gives you the energy to stay alert
- Choosing to eat healthy can be cheaper than buying quick snacks
 - A \$1.25 hotdog at the food cart with an 80-cent bag of chips and a 99-cent cup of soda adds up to a little more than \$3 with very little nutrition
 - A more healthful choice would be to buy a ham or turkey sandwich and bringing along a refillable bottle of water from home - Cost: \$2.75
- Save money by making your lunch at home



HEALTHY SOUPS

- Eating soup has health benefits
- Eating soup as a “first course” will reduce the amount you eat at a meal
 - broth-type soups are lower in calories than most cream soups, at 100-150 calories per serving
 - soup cannot be eaten quickly, allowing the satiety from an increased blood sugar to kick in
 - soups offer an opportunity for adding lots of vegetables to your diet
 - soups are low-cost meal options that can often be made with leftovers



HEALTHY SOUP RECIPES

- Rich Vegetable Soup
- Three-Bean & Brown Rice Soup
- Tomato Barley Soup
- Hearty Chicken Noodle Soup

Refer to handout for details



WHAT'S WRONG WITH MY LUNCH & SANDWICHES

CLASS 7



WHAT'S WRONG WITH MY "USUAL" LUNCH?

- The typical lunch is high in fat, and low in essential nutrients
- Soda has no nutrients; it only supplies energy. A better choice is milk-
 - it has about the same number of calories
 - it provides the body with calcium which builds strong bones and prevents osteoporosis
- Chips and fries are high in fat, calories, but low in many nutrients. However, fresh fruits and vegetables-
 - have almost no fat
 - are low in calories and are high in fiber and water, which helps the digestive system keep moving
 - are high in vitamin C which helps your body heal itself



WHAT'S WRONG WITH MY "USUAL" LUNCH?

- A candy bar is high in sugar, fat, and calories and has few nutrients
- Sugar is digested quickly, leading to feeling hungry sooner which can lead to overeating
- A sandwich is a better choice
 - most sandwiches are lower in calories, and also provide protein (from peanut butter, cheese, or meat)
 - protein helps hair and nails grow, and rebuilds muscles and other cells
- The total calories for the healthy and unhealthy lunch are about the same
- The difference are:
 - the healthy lunch is more filling
 - the healthy lunch provides the body with the nutrients as well as the energy it needs



FOUR COMPONENTS OF A HEALTHY SANDWICH

1. The Bread

- choose whole grain for fiber and texture
- consider tortillas, pocket bread and small rolls as well as sliced bread

2. The Spread

- avoid high-fat spreads, like mayonnaise, salad dressing or sandwich spread (substitute: mustard)
- choose a low-fat or no-fat version of mayonnaise
- reduce the amount you use to 1 tsp. per slice of bread
- try mixing light cream cheese with some dried or fresh herbs and use that as a sandwich spread
- other unique sandwich spreads are salsa, horseradish, or vinegars



FOUR COMPONENTS OF A HEALTHY SANDWICH

3. The Filling

- choose lower fat, healthy options: turkey, ham, roast beef, tuna, canned chicken, cooked chicken, peanut butter, canned crab, salmon, shrimp, veggies
- avoid processed, cured, high-fat lunch meats
- forego cheese. if your sandwich really needs cheese, use a light or fat-free variety
- limit the filling to 2 oz. or less

4. Veggies & Condiments

- there are many veggies than can be used on sandwiches: lettuce, tomato, cucumbers, sprouts, mushrooms, spinach, bell peppers, zucchini, onions
- try roasted or grilled veggies (bell peppers, asparagus, eggplant, zucchini, yellow squash, onions)
- black or green olives can be used sparingly as a condiment to tuna or chicken salad (watch out for fat and sodium)



RECIPES TO TRY:

- BBQ Rotisserie Chicken Sandwiches
- Veggie Wraps
- Stromboli Options
 - Chicken, Cheddar & Broccoli
 - Ham, Swiss & Broccoli
 - Lasagna-Style
 - Pizza-Style
 - Tuna, American Cheese, and Potato
 - Bierock
 - Spicy Mexican
 - Turkey & Cranberry
 - Roast Beef & Cheddar
 - Reuben

Refer to handout for details



STROMBOLI RECIPE OPTIONS DIRECTIONS

- Roll out the pizza dough according to the package directions; Sprinkle dough with herbs, if desired
- Arrange meat, vegetables and cheeses evenly over the dough, leaving about 1/4 to 1/2" edge all around
- Roll dough and ingredients lengthwise, like a jellyroll, roll up the stuffed pizza dough and place on a greased baking sheet with the seam side down
- In a small bowl, whisk one egg with a fork and brush crust with beaten egg using a pastry brush
- Bake at 375 or 400 degrees for about 20-25 minutes or until nicely browned Cut into six 1 1/2" slices and serve



HEALTHY LUNCHES & SALADS

CLASS 8



TIPS FOR EATING A QUICK & HEALTHY LUNCH

- Stock up on lunch possibilities when you shop for groceries
 - a loaf of whole wheat bread and a jar of peanut butter;
 - a package of corn tortillas, a can of black beans, and some fresh tomatoes;
 - frozen veggie burgers, whole grain hamburger buns, and a jar of roasted sweet peppers
- On days when you buy a sandwich, go to a place that will make one to order
 - ask for turkey or roast beef, extra tomatoes and onions, and no mayonnaise
 - don't get tuna if it's mixed with lots of mayo



TIPS FOR EATING A QUICK & HEALTHY LUNCH

- Prepare lunch items the night before right after dinner
- Don't forget food safety; if refrigeration is not available, use insulated lunch boxes or bags with frozen ice or gel packs
- Make your dessert a nutritious part of your lunch
- Use fresh fruits (melon, grapes, apple slices) instead of candy bars or high fat cookies



SALADS: THE GREEN LIGHT, YELLOW LIGHT & RED LIGHT SALAD STRATEGY

- Eat as much as you want of the green-light items
 - these include greens and most vegetables and fruits
- Use a bit of caution with yellow-light items, which may be good nutritional values but are higher in fat, such as salmon, avocado and nuts
- Red-light items, which can be weak in nutritional values, should be like wild cards that you play sparingly and strategically for flavor spikes or crunch
 - these include bacon bits, most cheeses and ready-made concoctions such as tuna salad and pasta salad
- Add protein to make it an entree: 2 to 3 ounces is plenty
 - this includes meat, poultry, fish and cheese



NOT ALL PROTEIN IS CREATED EQUAL

Here's a snapshot of common add-in proteins:

- **Grilled salmon:** high in fat, but it's the good kind we don't get enough of, omega-3 fatty acids
- **White-meat, skinless chicken or turkey:** lean and packed with nutrients
- **Grilled steak:** high in iron, but also high in saturated fat, which can raise blood cholesterol; keep portions small
- **Hard-cooked eggs:** high in cholesterol, but this doesn't translate to higher blood cholesterol the way saturated fat does; add in moderation
- **Tofu:** rich in protein, low in fat, also high in iron and healthy isoflavones
- **Shrimp or crab:** lean and rich in protein



SALAD RECIPES

- Lunch Box Taco Salad
- Black Bean & Couscous Salad
- Pasta & Bean Salad
- Layered Fruit & Cheese Salad
- Fabulous Fruit Salad

Refer to handout for details

