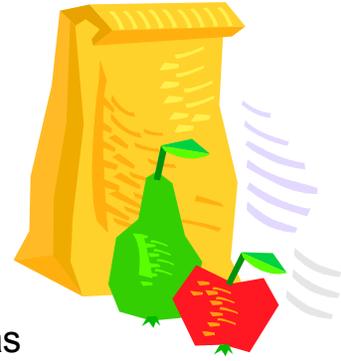


## Class 9: Components of a Healthy Lunch & Food Safety



### 1. Components of a healthy lunch?

#### A. Look for Whole Grain

- Choose whole grain breads or tortillas
- Add brown rice or whole grain pasta to soups

#### B. Include Fruit for even more fiber and for vitamin power

- Carry an apple, orange, or banana
- Carry small pre-portioned cups of juice-packed, canned fruit
- Try new fruits when they are in season

#### C. Include Protein for lasting energy

- Choose lean meats, like turkey or lean ham
- Include fish
- Include low-fat cheese or yogurt
- Adjust your protein portion to 2 oz. or less per meal

#### D. Include raw vegetables for nutrition and crunch

- Add baby carrots or grape tomatoes as an easy to eat option
- Make a salad and top it with meat or cheese
- If you use salad dressing, use low-fat or fat free and limit the portion

#### E. Avoid high-fat condiments

- Substitute mustard for mayonnaise or salad dressing
- Use low-fat or fat free dressing
- Limit the amount of dressing on sandwiches and salads

## 2. Brown Bag Lunches

- A. Prepare your lunch the night before and store it in the refrigerator overnight. Make sure your destination has a refrigerator and microwaves available for your use before you incorporate foods that can be reheated or need refrigeration.
- B. Make meals that:
  - a. store conveniently
  - b. do not spoil quickly
  - c. retain their flavor when packed, and
  - d. do not damage easily

## 3. Menu Makeovers

### Magic Lunch #1

#### Typical Lunch

2 slices white bread with  
2 slices roasted turkey  
2 slices processed cheese  
1 tablespoon mayonnaise  
1 medium banana  
3 or 4 graham crackers  
16 ounces apple juice

#### Magic Lunch

2 slices whole grain bread with 2 slices roasted turkey  
1 slice processed cheese  
Lettuce  
2 slices tomato  
1 tablespoon mustard  
1 banana or 12 sweet cherries (better color)  
1 ounce dark chocolate-covered almonds  
6 ounces unsweetened apple or other fruit juice

#### The Fixes

- Swapped white bread for whole grain to boost fiber
- Cut approximately 60 calories by switching from mayo to mustard.

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Healthy Congregations



- Cut the quantity of juice to reduce calories.
- Included dark chocolate–covered almonds instead of graham crackers. The almonds offer protein, “good” fats, vitamins, and fiber, while the crackers don’t provide much nutrition

## **Magic Lunch #2**

### **Typical Lunch**

McDonald’s Big Mac  
Large order of French fries  
32 ounces soda



### **Magic Lunch**

McDonald’s Quarter Pounder  
6 ounces Berries and Yogurt or Yogurt Parfait  
Water

### **The Fixes**

- Switched to the Quarter Pounder, which has less bread and more meat than the Big Mac. Ordered it without cheese to keep calories in check.
- Avoided French fries and ordered Berries and Yogurt (or Yogurt Parfait) instead for fewer calories, less fat, and more nutrition.

### **Better Still**

A single hamburger and a side salad with vinaigrette dressing.

## **Magic Lunch #3**

### **Typical Lunch**

2 slices regular cheese pizza  
32 ounces soda



### **Magic Lunch**

1 slice whole wheat pizza with cheese and vegetables  
1 cup side salad with lettuce, tomato, and cucumber  
1 tablespoon oil and vinegar dressing  
1 medium peach or other fresh fruit

Unsweetened iced tea

### **The Fixes**

- Cut fat, and calories by limiting pizza to one slice.
- Boosted fiber by switching to whole wheat crust and adding vegetables.
- Made up for the slice you're not eating by adding a salad and a piece of fruit, both nutritious foods.

### **Better Still**

Make your own pizza by topping a whole grain pita with 2 tablespoons tomato sauce, 2 ounces (60 g) part-skim mozzarella, and plenty of veggies.

### **Magic Lunch #4**

#### **Typical Lunch**

- 1 large burrito made with a 13-inch white flour tortilla
- 1 cup white rice
- 2 ounces beef filling
- 1 ounce cheddar cheese
- 2 tablespoons salsa
- 1.5 ounces tortilla chips
- 1/4 cup salsa
- 32 ounces soda



#### **Magic Lunch**

- 1 small burrito made with a 6-inch whole wheat tortilla
- 1/2 cup black beans
- 1.5 ounces roasted chicken
- Plenty of lettuce, tomato, and salsa
- 1/2 ounce cheddar cheese
- 1/2 mango or other seasonal fresh fruit
- Water with a lemon wedge

### **The Fixes**

- Cut carbs by switching from an over-sized white flour tortilla to a more reasonably sized whole wheat tortilla.
- Added fiber by eliminating the white rice and including black beans instead.

- Added fruit instead of tortilla chips. Chips are an “empty-calorie” food, whereas fruit is packed with fiber and vitamins.

**Better Still**

A grilled chicken or steak salad, if it’s on the menu. If it’s not, ask for a “naked burrito”— burrito filling without the tortilla.

***There is no cooking with this class. You may opt to select several recipes from classes 6-8 and have the class prepare an entire lunch.***