

Eating Well - at Lunchtime!!

The noon "hour" has disappeared for many Americans. Hectic schedules often mean less time to eat and more time to run errands or continue working. Wherever you eat - home, school, work or drive-thru - lunch is a tasty time to harness the power of nutrition.

WHY eat in the middle of the day?

- 101 **RE-FUEL** your body for work, sports or play.
- 101 **MAINTAIN** your metabolism for healthy weight.
- 101 **FOCUS** your brain for afternoon activities.
- 101 **NOURISH** yourself inside and out!

WHAT foods make a power lunch?

- 101 **Carbohydrates:** High-energy carbohydrates, especially whole grains, are essential for a power lunch. The goal is to get the energy you need without going overboard on amounts. Stick with a slice or two of bread, a small roll or a handful of crackers.
- 101 **Protein:** One key to weight control is to enjoy high-quality protein every time you eat. Protein helps build and maintain muscle. It also provides long-lasting satiety (satisfaction). Go for lean meat, fish, poultry and low-fat dairy, like cheese and milk.
- 101 **Vegetables:** Lunch is the right time to load up on vegetables - to get your daily dose of disease-fighting, anti-aging phytonutrients (plant nutrients). Vegetables or fruit - go for bright colors: orange carrots, green broccoli, red tomatoes or black beans.
- 101 **Fruit:** For optimal health and beauty (think skin, hair and eyes), experts suggest 5 to 9 servings of produce a day. Sweet fruit makes a delicious dessert at lunch. Enjoy a fruit salad, a piece of fresh fruit, a bowl of canned fruit or a handful of dried fruit.

HOW can I fit food into my busy lunchtime?

- 101 **Make noontime nutrition a priority:** Plan to eat before you start on errands or work. Reserve at least 15 to 20 minutes for food and you'll feel better all afternoon.
- 101 **Pack it from home:** Brown bag lunches save time and money and they're often a better nutrition deal as well. Make it real easy - just pack up leftovers from dinner.
- 101 **Stock your drawers and cupboards:** Supermarkets offer super easy options for work or home, like freeze-dried bean soups, single-serve fruit cups and trail mix.

