

LIVE WELL! TIPS TO SLIP MORE NUTRIENTS INTO YOUR LUNCH

Eating the nutrient rich way means getting the most vitamins, minerals and other nutrients—but not too many calories—from the foods you choose. Below is an assortment of quick, easy and tasty tips to boost the nutrient richness of your lunch.

Lunchtime Soup and Sandwich Tips

- Prepare condensed tomato soup with fat-free milk instead of water to add calcium, protein and vitamin D.
- Soup up your veggie intake. Stir frozen chopped spinach or mixed vegetables into canned soups.
- Make sandwiches on fiber-rich bread such as whole wheat or whole rye. Add creamy avocado slices—they contain healthy oils, folate, potassium and vitamin E. Choose sandwich fillings such as lean roast beef, ham or turkey.
- Load up sandwiches and hamburgers with nutrient-rich romaine lettuce, tomato slices, cucumbers, onions or any other veggies that suit your taste buds.
- For more protein and calcium, add a slice of Mozzarella cheese to your sandwich.
- Top a lean roast beef sandwich with tomatoes and fresh spinach. The heme iron in the beef and the vitamin C in the tomatoes help you absorb the iron from the spinach.
- For an easy way to get protein, vitamins and minerals, try an old favorite—peanut butter and jelly on enriched bread.
- For a quick “nicoise salad,” toss canned tuna, tomato, olive and cooked potato slices with mixed greens. Add vinaigrette dressing just before serving.

Are you looking for easy-to-make meals that taste great and are good for you? The selection below features delicious nutrient-rich meals you can mix and match to suit your taste buds and calorie budget.

LUNCH

200-300 Calorie Lunches

Tuna on Toast: Mix 3 ounces water-packed tuna with 1-1/2 tablespoons light mayonnaise. Spread on 2 slices toasted whole wheat bread and top with romaine lettuce and 2 slices tomato. Serve with a small orange.

Pita and Peanut Butter Surprise:

Spread 1 tablespoon peanut butter inside a 4-inch whole wheat pita pocket and stuff with 1/2 cup sliced strawberries. Serve with 1 cup fat-free milk.

300-400 Calorie Lunches

Delicate Delight: Toss 1-1/2 cups baby spinach leaves with 1/2 chopped hard-cooked egg, 1/2 cup strawberries and 1 tablespoon slivered almonds. Sprinkle with 1 ounce crumbled feta cheese and 2 tablespoons lowfat raspberry vinaigrette dressing. Serve with a small dinner roll.

The Comfort Zone: Spread 2 slices whole wheat bread with 1-1/2 teaspoons butter. Make a sandwich with 2 ounces sliced lowfat cheese, such as smoked mozzarella, and grill. Serve with 1 cup tomato basil soup.

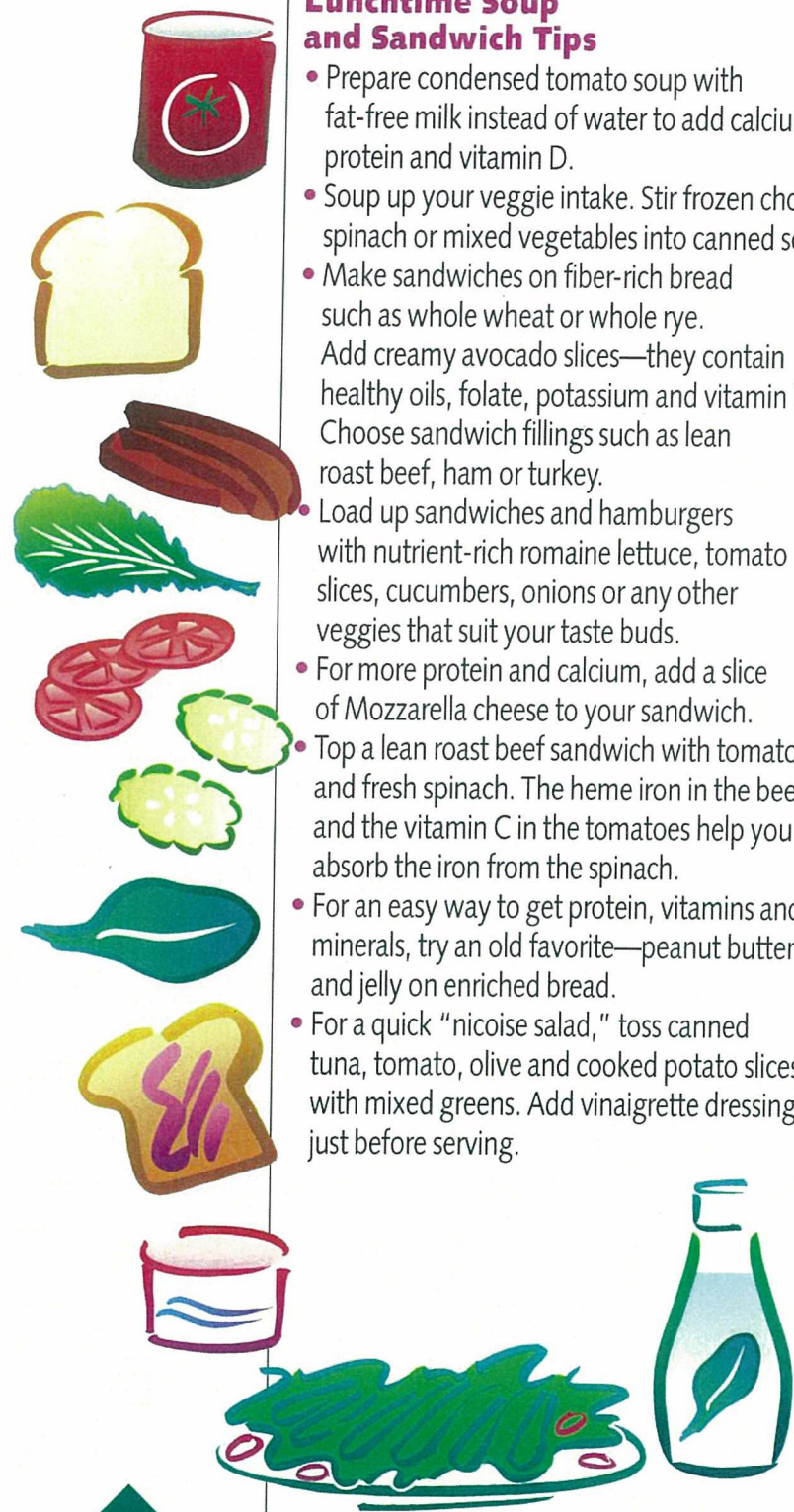
Dressed-Up Leftovers: Slice 3 ounces leftover grilled or roasted sirloin steak. Mix with 1 cup romaine lettuce, 1/2 cup cherry tomatoes and 2 tablespoons crumbled blue cheese. Drizzle with 2 tablespoons lowfat balsamic vinaigrette dressing.

400-500 Calorie Lunches

Decision-Free Favorite: Place 3 ounces lean ham and 2 ounces lowfat Swiss cheese on a whole grain bun. Top with 2 tablespoons stone-ground mustard and romaine lettuce. Accompany with a small sliced apple.

Bistro Bite: Layer 3 ounces sliced lean roast beef on a sourdough roll and top with spicy arugula leaves and 2 tablespoons mashed avocado. Serve with 1 ounce sweet potato chips (about 10 chips).

Tip: To find your calorie needs based on your age, gender, height, weight and activity level, go to **MyPyramid.gov**.



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Enjoy Nutrient-Rich Foods.

Produced by the Nutrient Rich Foods Coalition