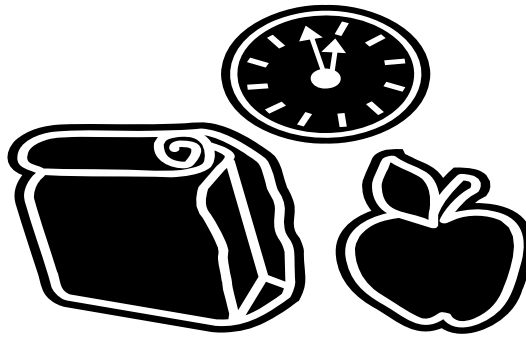


# Lunches and Snacks Away from Home

## Healthy Eating on the Run!



Suggestions for healthy on-the-go snacks:

fresh fruit	pretzels
dried fruit	whole grain crackers
fresh vegetables	whole grain bagels
tuna salad kits	graham crackers
small cartons/tubes of yogurt	whole grain granola bars
string cheese	whole grain dry cereal
low-fat popcorn	trail mix
flavored rice cakes	small cartons of cottage cheese
soy nuts	smoothie
nuts	hummus
peanut butter	salsa/baked chips

Drinks: water (add a twist of lemon or lime)  
smoothies (made with skim milk, yogurt, juices, soy milk, fruit)  
sugar-free flavored teas, lemonade  
lowfat coffee drinks  
low-fat milk or cocoa  
100% fruit or vegetable juice

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## BROWN-BAGGING IT --Please no more boring lunches!

Try to incorporate each of the food groups into your bag lunch to improve both your nutrition and your outlook on eating. Think VARIETY! (It truly is the spice of life!)

Use this meal pattern to help you mix and match a nutritious and delicious lunch!

Choose 1 to 2 protein foods

Choose 1 to 2 grains

Choose 1 to 3 Veggies/Fruit

Choose 1 beverage

Dessert/Snack is optional (choose if you need the calories!)

### Protein Foods

sliced or cubed lean meat  
hard-boiled egg  
cube or string cheese  
yogurt or cottage cheese  
hummus or tofu  
beans, mashed or whole  
nuts or peanut butter  
leftover chicken/meat

### Grains

bread, buns or rolls  
pita bread or tortillas  
bagel or English muffin  
rice or pasta  
couscous, barley, bulgur  
whole grain crackers  
bread sticks or rice cakes

### Veggies/Fruit

fresh vegetables  
lettuce salad  
fresh fruit  
canned fruit  
dried fruit  
applesauce  
vegetable soup

### Beverages

100% fruit juice  
V-8, vegetable juice  
low-fat milk  
iced tea  
water  
soy milk

### Dessert/Snack

chips/pretzels  
2 small cookies  
granola/breakfast bar  
pudding or jello cup  
fruit leather, fruit snacks  
graham crackers  
trail mix  
small candy like kiss or a few M&M's