

# Mix-And-Match to Build a Healthful Lunch!

Choose from the food and beverage choices below to build a healthful lunch. Mix-and-match items from each of the columns to make sure you're giving your body the nutrients it needs to be healthy!

Vegetables	Fruits	Grains	Dairy	Protein	Beverages
Choose 1 to 2	Choose 1	Choose 1 to 2	Choose 1	Choose 1 to 2	Choose 1
<ul style="list-style-type: none"> <li>■ asparagus</li> <li>■ carrots</li> <li>■ cauliflower</li> <li>■ celery</li> <li>■ corn</li> <li>■ cucumbers</li> <li>■ green beans</li> <li>■ jicama</li> <li>■ lettuce</li> <li>■ peas</li> <li>■ peppers                             <ul style="list-style-type: none"> <li>— green</li> <li>— red</li> <li>— yellow</li> </ul> </li> <li>■ snap peas</li> <li>■ spinach</li> <li>■ squash</li> <li>■ tomatoes</li> <li>■ zucchini</li> </ul>	<ul style="list-style-type: none"> <li>■ apple</li> <li>■ banana</li> <li>■ blackberries</li> <li>■ blueberries</li> <li>■ cherries</li> <li>■ dried fruit</li> <li>■ grapefruit</li> <li>■ grapes</li> <li>■ kiwi</li> <li>■ mango</li> <li>■ melon</li> <li>■ nectarine</li> <li>■ oranges</li> <li>■ papaya</li> <li>■ peach</li> <li>■ pear</li> <li>■ pineapple</li> <li>■ plum</li> <li>■ raspberries</li> <li>■ strawberries</li> </ul>	<ul style="list-style-type: none"> <li>■ brown rice</li> <li>■ corn tortilla</li> <li>■ oatmeal</li> <li>■ whole-grain                             <ul style="list-style-type: none"> <li>— bagel</li> <li>— bread</li> <li>— crackers</li> <li>— pasta</li> <li>— tortilla</li> </ul> </li> <li>■ wild rice</li> </ul>	<ul style="list-style-type: none"> <li>■ cheese                             <ul style="list-style-type: none"> <li>— sliced</li> <li>— string</li> </ul> </li> <li>■ cottage cheese</li> <li>■ milk                             <ul style="list-style-type: none"> <li>— fat-free</li> <li>— 1%</li> <li>— 2%</li> <li>— soy milk (calcium-fortified)</li> </ul> </li> <li>■ yogurt (low-fat)</li> </ul>	<ul style="list-style-type: none"> <li>■ beans (legumes)                             <ul style="list-style-type: none"> <li>— black</li> <li>— kidney</li> <li>— pinto</li> </ul> </li> <li>■ cheese                             <ul style="list-style-type: none"> <li>— sliced</li> <li>— string</li> </ul> </li> <li>■ chicken</li> <li>■ cottage cheese</li> <li>■ deli meats</li> <li>■ eggs</li> <li>■ fish</li> <li>■ hummus</li> <li>■ nut butters                             <ul style="list-style-type: none"> <li>— almond butter</li> <li>— peanut butter</li> </ul> </li> <li>■ turkey</li> </ul>	<ul style="list-style-type: none"> <li>■ 100% fruit juice (4 ounces)</li> <li>■ milk                             <ul style="list-style-type: none"> <li>— fat-free</li> <li>— 1%</li> <li>— 2%</li> <li>— coconut</li> <li>— soy milk (calcium-fortified)</li> </ul> </li> <li>■ water, sparkling water or water infused with fresh fruit</li> </ul>

Flip the page over for sample lunches to get you started!

(over)

## Sensational Smoothie

- whole-grain bagel with low-fat cream cheese
- **Sensational Smoothie**
  - berries (such as blueberries)
  - ½ banana
  - spinach, kale or both
  - milk (dairy, coconut or soy)
  - vanilla-flavored whey protein powder

Combine all ingredients in a blender. Blend until smooth. Pour into smoothie containers with lids and place in the freezer.

Pack a frozen smoothie in your lunchbox with an ice pack. It'll be thawed by lunch!

## Yummy Yogurt Parfait

- celery and almond butter or peanut butter
- 2 hard-boiled eggs
- **Yummy Yogurt Parfait**
  - berries (such as raspberries)
  - 1 cup low-fat plain or vanilla yogurt
  - ¼ cup low-fat granola

Layer berries and yogurt in a small bowl. Sprinkle granola on top. Enjoy!

- sparkling water

## Sunny Southwest

- whole-grain tortilla chips
- cheddar cheese, shredded
- pineapple chunks
- **Sunny Southwest Fish**
  - grilled fish fillet (such as cod or tilapia)
  - black beans, drained and rinsed
  - salsa

Serve fish warm, topped with black beans and salsa. Enjoy!

- fat-free milk

## Kebab Party

- whole-grain crackers
- **Chicken Kebab**
  - grape tomatoes
  - peppers (green, red or yellow), sliced
  - cooked chicken breast, cut into 1-inch cubes

Place 1 grape tomato, pepper slice and cube of chicken on a skewer. Continue alternating between ingredients until kebab is full.

- **Sweet Kebab**
  - grapes
  - strawberries, stems removed and sliced in halves
  - cantaloupe, rind removed and cut into 1-inch cubes
  - oranges, peel removed and separated into slices

Place 1 grape, strawberry half, cantaloupe cube and orange slice on a skewer. Continue alternating between fruits until kebab is full.

- fat-free milk

## Picnic for Lunch

- sliced peaches
- cottage cheese
- **Picnic Pita-bread Sandwich**
  - whole-grain pita bread
  - low-fat deli meat
  - toppings: sliced cucumber, sliced tomato, shredded cheese (such as cheddar or mozzarella), shredded romaine lettuce, hummus

Place deli meat on pita bread. Add toppings. Enjoy!

- sparkling water and 4 ounces 100% fruit juice