

W.O.W.

WAC ON WELLNESS

FALL IS HERE: PACK A HEALTHY LUNCH!

Packing lunch has many advantages:

1. It is economical.
2. It tastes great once you get the hang of it.
3. With a little planning, it offers lots of nutrition benefits.

HEALTHY LUNCH TIPS

Incorporate healthy foods for balanced nutrition:

- A good lean protein source
- High quality carbohydrate
- Plenty of produce
- Enough calories to keep you going

When reheating is necessary, use refrigerator-to-microwave glass storage containers. Do not heat plastic in the microwave!

Get your creativity going! Nobody likes to eat boring food.

THE BASICS

Sandwiches – Think of different bread or wrap choices (pita, tortilla, crackers, lettuce leaves, bagel) and interesting fillers and sauces. Try avocado with your turkey and cheese, or replace your usual spread with hummus or tzatziki sauce. Leftover roasted veggies are a great addition to any sandwich.

Salads – Try new ingredients and make it filling by including lean protein; toss with a small amount of dressing before eating. Add flavor with extras like nuts, seeds, raisins, avocado, or grated beets.

Leftovers – When you cook, think about tomorrow. Chili or homemade soup is easy to pack and heat. Leftover chicken is the start of a great sandwich!

Easy packables – Keep easy grab-and-go items available like single-serve portions of yogurt, cottage cheese, baby carrots, fruit, string cheese, soup, hard-cooked eggs, and salad dressings.

Treat, anyone? – Sometimes a small piece of dark chocolate (or other small treat) is perfect at the end of a meal. Cutting out all sugar is seldom necessary or realistic.



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Wisconsin Athletic Club

FIND YOUR FIT.

www.thewac.com/wow