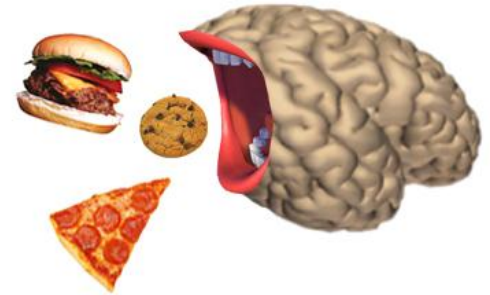


FOOD FOR THOUGHT LUNCHES©

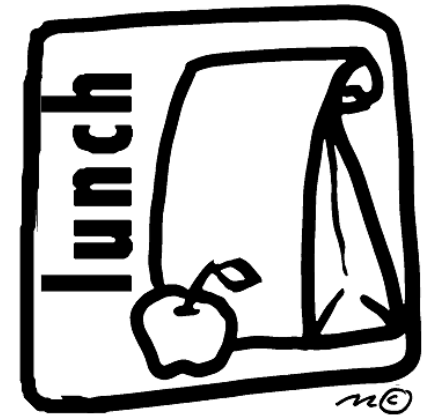
Pick one item from each category and you know you have a nutritious, satisfying lunch!



High fat, high sugar lunches can cause:

- Sleepiness
- Cravings
- Diabetes
- Weight gain

Protein	Fruit	Veg	Dairy	Grain
Deli Chicken or turkey	Grapes	Carrots	Skim or 1% Milk	Whole Wheat Wrap
Grilled Chicken	Orange	Cucumbers	Low-Fat Yogurt	Whole Wheat Bread
Hard Boiled Egg	Banana	Red Peppers	String Cheese	Whole Wheat English Muffin
Lean Ham	Strawberry	Green Peppers	Cottage Cheese	Whole Grain Crackers
Tuna	Blueberries	Yellow Peppers		Whole Wheat Pita Pocket
Nuts	Kiwi	Zucchini		Multi-grain Pretzels
Natural Peanut & Almond Butter	Applesauce	Jicama		Granola
Tofu or Veggie Burger	Fruit Cup	Broccoli		Granola Bar
Hummus	Raisins or other Dried Fruit	Salad		Rice Cakes
Pinto, Black Beans	Homemade Fruit Leather	Sugar Snap Peas		Popcorn
Chickpeas	Pear	Summer squash		Soy Crisps



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