

Nutrition Works Lunch Challenge



Making lunches interesting and appetizing can sometimes be a challenge. However, a little planning ahead of time can go a long way to making your lunch tasty and easy! See the backside for some healthy lunch ideas.

Are you ready for the Nutrition Works Lunch challenge? It's easy to do - either eating at work or eating on-the-go! The goal is to enjoy a healthy lunch every day which includes at least **3 out of the 4 food groups**. Aim for **high-fibre*** and **low-fat** food choices more often. Although the challenge is for only one week, make an effort to continue on with a healthy lunch every day!

Complete the challenge for your chance to win a great prize!

Name

Lunch

Record your breakfast for each day and check off which food groups were included in your breakfast.

Sunday

- | | |
|---|--|
| <input type="checkbox"/> Vegetables and Fruit | <input type="checkbox"/> Grain Products |
| <input type="checkbox"/> Milk & Alternatives | <input type="checkbox"/> Meat & Alternatives |

Monday

- | | |
|---|--|
| <input type="checkbox"/> Vegetables and Fruit | <input type="checkbox"/> Grain Products |
| <input type="checkbox"/> Milk & Alternatives | <input type="checkbox"/> Meat & Alternatives |

Tuesday

- | | |
|---|--|
| <input type="checkbox"/> Vegetables and Fruit | <input type="checkbox"/> Grain Products |
| <input type="checkbox"/> Milk & Alternatives | <input type="checkbox"/> Meat & Alternatives |

Wednesday

- | | |
|---|--|
| <input type="checkbox"/> Vegetables and Fruit | <input type="checkbox"/> Grain Products |
| <input type="checkbox"/> Milk & Alternatives | <input type="checkbox"/> Meat & Alternatives |

Thursday

- | | |
|---|--|
| <input type="checkbox"/> Vegetables and Fruit | <input type="checkbox"/> Grain Products |
| <input type="checkbox"/> Milk & Alternatives | <input type="checkbox"/> Meat & Alternatives |

Friday

- | | |
|---|--|
| <input type="checkbox"/> Vegetables and Fruit | <input type="checkbox"/> Grain Products |
| <input type="checkbox"/> Milk & Alternatives | <input type="checkbox"/> Meat & Alternatives |

Saturday

- | | |
|---|--|
| <input type="checkbox"/> Vegetables and Fruit | <input type="checkbox"/> Grain Products |
| <input type="checkbox"/> Milk & Alternatives | <input type="checkbox"/> Meat & Alternatives |

* Fibre can be found in whole grain breads, cereals, pasta, rice, vegetables, fruit, legumes (beans, peas, lentils), nuts and seeds.

Tasty and Easy Lunch Ideas

- Low-fat deli slices (turkey, chicken, or ham) on whole-wheat bread topped with lettuce and tomatoes, carrot sticks and a yogurt
- Tuna or salmon salad (made with low-fat mayonnaise) wrapped in a multi-grain pita, with lettuce, cucumber, and tomatoes, and a slice of cantaloupe
- Pizza slice with side salad and glass of milk
- Vegetable or bean soup, low-fat cheese and crackers, and a fruit cup
- Spinach salad (baby spinach, mushrooms, tomatoes, walnuts, raspberry vinaigrette) with chopped egg, a low-fat muffin, and orange juice
- Whole wheat pita with hummus, side salad, grapes, and tomato juice
- 1% cottage cheese with fruit or vegetables and a multigrain bagel
- Frozen entree with a whole grain roll and a banana
- Leftovers: e.g. pasta, chili, stir-fry, Sheppard's pie, pancakes, etc. **Hint:** why not make double batches of your favourite meals and freeze them in individual servings
- Fast-food options: choose smaller portions and look for grilled or broiled sandwiches instead of the deep fried ones. Opt for a side salad instead of French fries

Healthier Options

- Vegetarian Sub
- Chilli
- Baked potato
- Soup
- Salads
- Grilled chicken sandwich
- Chicken, beef, or tofu stir-fry

Lunch Box Chili Rice and Beans

Ingredients

- 1 cup (250 mL) cooked rice
- 3/4 cup (175 mL) canned kidney beans, rinsed and drained
- 1/2 cup (125 mL) frozen corn
- 1/2 to 3/4 cup (125 – 175 mL) chopped fresh tomato (about 1 medium)
- 1/4 cup (50 mL) diced green bell pepper
- 2 tbs (25 mL) finely chopped onion
- 1/4 to 1/2 tsp (1 – 2 mL) chili powder

Directions:

1. In a container combine rice, beans, corn, tomato, green pepper, onion and chili powder. Stir until combined.
2. Microwave on High, loosely covered, for 2 to 3 minutes or until hot. Stir before serving.

Source: Dietitians of Canada - <http://www.cookspiration.com/recipe.aspx?perma=987A26BBFA4&g=7>
For more information on lunch and healthy eating, call EatRight Ontario at 1-877-510-5102.