

BETTER LIVING FOR TEXANS

TEXAS A&M AGRILIFE EXTENSION SERVICE



August 2024

Low-Maintenance Lunches to Go

A healthy, balanced lunch is important to help us focus and perform our best at school, work, and throughout the day. Sometimes it can be a tricky meal to plan. It is all too easy to forget to make lunch and instead reach for snacks, eat out or simply not eat until dinner. Eating a healthy lunch can also help us avoid cravings and low-energy crashes. Nutritionally balanced, energizing lunches that are easy to take on the go can make all the difference!

Leftovers for Lunch

Leftovers make great lunches! Making extra portions of what you eat for dinner can minimize the time it takes to pack a lunch for the next day. Meals that are balanced, meaning they include protein, whole grains, fruits, vegetables, and low-fat dairy can make eating from all food groups easier without having to pack extra food items.

Cold Lunches

If warming lunch is inconvenient or unavailable, making lunches that are meant to be eaten cold can make lunchtime easier. Salads, sandwiches, and wraps are easy options that are delicious eaten

cold or room temperature. Smoothies can also be a good option. Aim to include as many food groups as possible and use an icepack to keep it cold before you drink it.

Loaded salads

Salads are great options to have as a healthy lunch. With a few mindful tips, they can be both a satisfying and nutritious choice. Add protein such as lean meats, beans, or a serving of nuts or seeds, and whole grains such as a serving of whole wheat bread or brown rice to make the salad more filling. Limit the amount of added fats by using only one serving of salad dressing. Use dark leafy greens and different colors of fruits and vegetables as a nutrient-dense base for the salad.

A healthy and nutritious lunch may look different for everyone. By planning according to your available time for prep and the ingredients that you have access to, lunchtime can be the energy boost you need to finish out your day.



Written by: Macey Uzzell, Student Technician - BLT Social Media
Content Source: [Lunch Ideas for Work](#); [Heart-Healthy Options](#) | [American Heart Association](#)
Photo: Canva.com



BETTER LIVING FOR TEXANS

Schedule 2024 Classes Today!

A Fresh Start to a Healthier You! | Be Well, Live Well | Healthy Carbohydrates | Get the Facts | Growing & Nourishing Healthy Communities Garden Course | Walk Across Texas | Walk & Talk

Contact: Sharon Mitchiner, BLT Nutrition Education Associate
Galveston County | 281-309-5048 | sharon.mitchiner@ag.tamu.edu

BETTER LIVING FOR TEXANS

TEXAS A&M AGRILIFE EXTENSION SERVICE



August 2024

Recipe of the Month

Source: Adapted from Baker's Delight (www.bakersdelight.com.au)

Super Sandwich Sushi

Serves 2

Ingredients:

- 2 tablespoons reduced-fat cream cheese
- ½ cup lettuce
- 1 (5-ounce) can tuna in water, drained
- ½ cup carrots, shredded
- 1 small cucumber, sliced lengthwise
- 4 sprigs chives
- 4 slices whole-wheat bread



Directions:

1. Evenly divide cream cheese, lettuce, tuna, carrot, cucumber, and chives and place in the center of each slice of bread.
2. Starting from one side, roll each slice of bread until it is all rolled up. Repeat for the other pieces of bread. Enjoy whole or slice into bite-size pieces.

Nutrients Per Serving: 290 calories, 5 g total fat, 2 g saturated fat, 30 mg cholesterol, 370 mg sodium, 34 g carbohydrates, 2 g fiber, 7 g total sugar, 0 g added sugar, and 28 g protein

Estimated Total Cost for Recipe: \$3.92; Estimated Cost Per Serving: \$1.96



BETTER LIVING FOR TEXANS

This institution is an equal opportunity provider and employer.
This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.
Texas A&M AgriLife Extension is an equal opportunity employer and program provider.
The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.