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Nutrition Notes June 07

Back to the Lunchbox

Lunches made at home with ultimately save you: in time, money and health! Last month we spoke about recommended nutrient levels for lunch to meet dietary needs yet avoid excesses. We recommended averages of 500 calories, 25 gm protein, 63 mg carbs, 16 gm fat, 75 mg cholesterol 500 mg sodium and 7 gm of fiber. These are equivalent to 1/4 of a days recommended intake, given a 2000 calorie diet. Tough to pull off if you are eating out, but pretty simple if you construct your own lunches at home & take them to work or school, or wherever. The following are ideas for easily prepared meals at home, if you preplan and grocery shop on Sunday. Include fresh fruits and vegetables, whole (100%) grains wherever you can.

Sliced nitrate free turkey on whole wheat bread with avocado, sprouts and sliced tomato. Use mustard & avocado as dressing & skip the mayo. Yogurt parfait with nonfat plain yogurt, fresh chopped fruit, Grapenuts or toasted wheat germ, and a tablespoon of your favorite raw nuts. Salad of mixed leafy greens, 1 cup mixed cut up fresh or leftover cooked vegetables, black beans, 1 oz. cheese, 1 Tlb. sunflower seeds and a light vinaigrette or buttermilk dressing. Salmon salad made with water packed salmon, chopped cucumber & fresh dill, and green onion, with dressing made of nonfat plain yogurt, mustard and a small amount of light mayonnaise, served on baby spinach leaves. Of course serve water or Iced tea as your beverage & enjoy! For more ideas and information on "Eating Smart to Live Well" call Donna Wolf R.D. at Healthy Directions of Poway: 858-335-2140 and visit our website: www.healthydirectionspoway.com