

# LUNCH...REFUEL YOUR BODY

## The Mighty Sandwich

Sandwiches are the most popular food prepared at home, with more than one-third of all home-prepared lunches including a sandwich. Here are some simple tips to make sure your sandwich fits into your healthful eating plan.

- Choose a whole-grain bread, roll or pita pocket for more fiber.
- Choose 2 to 3 ounces of lean meat or poultry for protein, iron and other nutrients and a slice of cheese to boost the calcium content.
- Use lean roast beef, ham, chicken breast or turkey.
- Make or order tuna, ham or egg salad with less mayonnaise or with reduced-fat or fat-free mayonnaise.
- Ask for a spread that adds flavor but not fat and calories, such as mustard or fat-free dressing.
- Load up on vegetables such as red or green peppers, tomatoes, cucumber, onions or grilled veggies.

After you make your perfect sandwich, choose a side such as carrots or green pepper sticks instead of chips or creamy salads. Then enjoy!

## Are You Tasting Your Lunch?

Eating on the run or grabbing food from a bag are common eating methods for many Americans. But eating slowly may be better for your health.

Part of the enjoyment of eating lies in seeing what's on your plate, smelling the food and taking time to enjoy the process. Grabbing or eating on the run deprives you of the very things that make eating fun – and healthier. By eating slowly, you may improve what and how much you eat. Try these tips:

- Always eat from a plate
- Sit at a table
- Eat only when hungry
- Enjoy what you eat
- Eat what you like.
- Focusing on what you eat makes it easier to sense when you are full and to stop eating before you overeat.
- Try eating slowly for enjoyment and your health.



## Smart Eating at a Deli or Sandwich Bar

If you find yourself opting often for a traditional sandwich for lunch, the following tips will help you build a better sandwich:

- Order sandwiches made on whole-wheat bread.
- Ask for less meat (2 to 4 ounces should be plenty, depending on your individual calorie needs).
- Ask for vegetable toppings like lettuce, tomato, peppers, grilled vegetables or a small amount (1/8) of a small avocado.
- Ask for sides of condiments like mayonnaise (light or regular) or salad dressing and apply them yourself.
- Order a half sandwich and a small cup of vegetable-based soup, such as minestrone.

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