

## How to Make a Healthy Lunch/Grocery Shopping Tips

Got too much of this? (stomach)

Not enough of this? (money)

Let the Sedgwick County Health Department help you.

Do you ever get in a rut of eating the same thing day after day?

The Sedgwick County Health Department is here to help you become a healthier shopper by offering tips for creating your grocery list and making healthier meals.

Let's begin with making a grocery list:

We're going to need some turkey, whole grain bread, apples, carrots, yogurt, mustard, lettuce, low fat cheese, brown rice, some frozen veggies and low sodium soy sauce. It's always important to make a grocery list when shopping. By doing this you only buy the items you need. A good idea is to start with a menu of weekly meals and write your list from the menu. This helps you think of the items you will need, plus you can look for coupons. Today's list is based on a lunch menu of a turkey sandwich, vegetables, fruit and a snack for the afternoon. Making your lunch only takes a few minutes but it's wise to make your lunch the night before. That way if you're rushed in the morning, all you have to do is grab your lunch and go. And also try to use reusable containers instead of plastic bags. I want to point out that we are using whole wheat bread for the sandwich. Whole wheat provides far more nutrients than white bread. An easy way to sneak in extra vegetables is to add them to your sandwich. Choose dark, leafy greens such as romaine lettuce or spinach, like Jennifer is using. Other options include tomatoes, cucumbers or peppers. Another way to save on fat and calories is to cut out the mayonnaise and use mustard instead, which is fat free and low in calories. And if you like to add cheese to your sandwich, pick one that is low fat or fat free. To save money, purchase whole fruits and vegetables. Pre-cut and washed vegetables are more expensive but they are a convenient alternative. Another convenient and healthy snack is yogurt. Be sure to read the nutrition label to watch for sugar, calorie and fat content. You also need a drink to go with your lunch and water is the best way to quench your thirst. Better yet, it's calorie free. Again, use a reusable container and you can use tap or filtered water, whichever you prefer. Finally, bag your sandwich, fruit, veggie, yogurt, and drink. I hope you'll consider making your lunch for work more now that you can see how healthy and less expensive it can be.

Now that we've highlighted how to make a healthy, brown bag lunch, consider the following tips regarding smart grocery shopping strategies:

(Announcer reads word for word from screen)

### **Produce**

Spend the most time in the produce section; the first area you encounter in most grocery stores and usually the largest. Choose a rainbow of colorful fruits and vegetables.

### **Breads, Cereals, and Pasta**

Choose whole wheat bread and pastas, brown rice, grain mixes, quinoa, bulger and barley. To be sure the item you have picked is really whole wheat, check the nutritional label. The first ingredient should be whole wheat. If you don't already eat whole wheat options start out with blends and slowly transition to 100% whole wheat pasta and bread.

**Meat, Fish and Poultry**

Two servings of fish per week is recommended. Choose lean cuts of meat like round, top sirloin and tenderloin. Opt for skinless poultry and watch your portion sizes.

**Dairy**

Dairy foods are an excellent source of bone-building calcium and Vitamin D. There are plenty of low fat and non-fat options to help you get three servings per day including drinkable and single-serve tube yogurt and pre-portioned cheeses. If you enjoy higher fat cheeses, no problem, just keep your portions small.

**Frozen Foods**

Frozen fruits and vegetables, without sauce are a convenient way to help fill in the produce gap, especially in the winter.

**Canned and Dried Foods**

Keep a variety of canned vegetables, fruits and beans on hands to toss in soups, salads, pasta or rice dishes. Whenever possible, choose vegetables without added salt and fruit packed in juice.

Other items that are good to keep on hand include tuna, packed in water, low-fat soups, nut butters, olive and canola oil and assorted vinegars.

(Announcer reads word for word from the screen)