

SAVE MONEY... PACK YOUR OWN LUNCH

Grabbing 'lunch on the go' can often be expensive and have an undesirable effect on the waistline. Lunch options are more creative since the old school days when your lunch box offered the same old soggy cheese and vegemite sandwich, and packet of raisins. The trick to a good lunch is variety, and planning.

GROUP 1**GROUP 2****GROUP 3**

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Choose options from groups 1 & 2. Foods in group 3 are good additions particularly if you're active.

Salad: Mix a combination of salad vegies in a container, stir through chicken, or tuna, add rice or pasta, sprinkle on top some nuts or seeds and a little low fat salad dressing or lemon juice.

Choose a handful of unsalted / raw dried **Fruits** and **Nuts**. They are a high-energy source of fibre and good fats. Choose wholemeal **Pita Pockets** to keep you satisfied for longer.

Mix a small can of **Bean Salad** or chickpeas and add few small cubes of feta and a small can of tuna. Make **Mini Homemade Muffins** with bran, dried fruits or with a little something sweet.

You should have at least 2 serves of **Fruit** per day. This can be fresh, frozen, or canned in natural juices. For a healthier option, choose **Muesli Bars** that aren't covered in yoghurt or chocolate.

Try incorporating protein into every meal to keep your blood sugar levels stable - proteins such as nuts, **Yoghurt**, fish (**Tuna**), beans, eggs, or meat. **Sandwiches** can be made with left overs and salad.

OFFICE SNACK OPTIONS:

Being prepared and having a 'stash' of healthy food at the workplace will help you stop binge eating when you get home, and you shouldn't find yourself mindlessly in front of the vending machine pushing buttons for the highest sugar/fat snack available. Keep fruit (fresh, dried, canned or tinned in light syrup); a small bag of raw nuts/seeds/dried fruit; wholegrain crackers, tins of lite tuna or cereal in your office drawer. If you have an office fridge keep yoghurt; veggie sticks; low fat dips such as hummus or salsa.