

How-To Build a Healthy Lunch

- Aim to fill your plate with half fruits and vegetables



- Choose unsweetened beverages, such as water, plain seltzer, unsweetened tea



- Include a protein such as beans/legumes, tofu, fish or lean meat

- Choose a fiber-rich carbohydrate, such as a whole grain like farro or quinoa

Tips for choosing healthier lunch options:

- Use leftovers from dinner the night before. Looking to jazz it up? Make it crunchy by adding nuts or seeds or sneak in greens by adding a layer of spinach or lettuce.
- The salad station is great for raw vegetables or adding plant-based proteins such as chickpeas, beans or tofu to your meals.
- Participate in "Meatless Monday" by taking advantage of the special plant-based entrees available.
- Choose heart-healthy fats, such as avocado, olive oil, nuts and seeds.
- Keep sandwiches interesting. Fill your sandwich with any type of veggies and pair with ingredients like hummus, pesto, or mustard.
- Have a sweet craving? Opt for fresh fruit or plan ahead with a healthy recipe like this make ahead chocolate mousse:

<https://www.nyp.org/nutrition/recipes/chocolate-mousse>