

Mix and Match Healthy Lunch Options! Think Food Groups!

Mix and match the options in the different columns to *CREATE* a variety of healthy lunches

You need one serving from at least 3 food groups for a healthy lunch!

Meats/Beans/ Nuts	Dairy/Calcium nonfat/lowfat	Fruits	Vegetables	Whole Grains
Almond Butter	Fruit/Soy Yogurt	Apple slices/ banana slices	Snow pea pods	Whole grain bread/tortilla
Refried Beans	Shredded Cheese	Mandarin orange	Corn/salsa	Whole grain tortilla
Egg/Tuna/ Salmon/ Chicken Salad	Milk or fortified soy beverage	Sliced mango	Kohlrabi	Whole grain bread
Sliced cold cuts: low fat chicken, beef, pork.	Cheese cubes, string cheese or cheese slices	Bananas	Cherry tomatoes	Rice cakes
Ham Slices	Greek yogurt	Kiwi	Pepper strips green, orange, red	Flat bread, naan or pita bread
Hummus	Cottage cheese	Canned pineapple/ peaches	Carrots	Pita triangles
1/4 cup of nuts/ Chickpeas	Milk-based soup	Dried cranberries	Dark green lettuce salad	Healthy muffin
Steamed soybeans (edamame)	Cheese-filled pasta (cannelloni or ravioli)	Strawberries	Celery sticks	Pasta (in leftovers)
Hard cooked egg	Yogurt Dip (Tzatziki) dip for Vegetables	Pear	Cauliflower or broccoli trees	Whole grain Tortilla
Beef/Turkey Jerky	String cheese	Dried fruit	Cucumbers	Naan bread

Create Your Own Favorite Healthy Lunch....Make it **Colorful!**

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