

Steps to a Healthier Lunchbox

Whether you're at school or work, a healthy lunch gives you energy and helps your focus and concentration. The key is balance—just choose something from each category and enjoy!

1

Veggies

Asparagus
Avocado
Bell peppers
Broccoli
Cauliflower
Carrots
Celery
Corn
Cucumber slices
Green beans
Lettuce of all kinds
Peas
Tomatoes
Zucchini

3

Fruits

Apple	Kiwifruit	Peach
Banana	Mango	Pear
Blueberries	Melon	Pineapple
Cherries	Nectarine	Raspberries
Grapes	Orange	Strawberries

2

Proteins

Canned tuna
Cheese
Chicken
Chili
Cottage cheese
Greek yogurt
Ham
Hummus
Hard boiled eggs
Lean beef
Nuts and nut butters
(almond, cashew, peanut)
Seafood

4

Whole grains/ carbs

100% whole grain bread
Brown rice
Corn tortillas
Multigrain English muffin
Popcorn
Rice noodles
Wheat crackers or chips
Whole grain pita bread
Whole wheat tortillas
Whole wheat pasta

5

Beverages

Flavored seltzer water
Milk
Sparkling water
Water

