

- 1 Plan ahead and bring your lunch from home instead of going out.
- 2 Slow down and enjoy the colors of your lunch to help you to prevent overeating.
- 3 Put vegetables on your sandwich, such as cucumber, sprouts, tomato, or avocado.

- 4 Eat a bowl of vegetable soup. If canned, aim for low in sodium.
- 5 Opt for a salad instead of fries. If having a salad, have your dressing on the side.
- 6 Mix in cut up fruit or berries with yogurt.
- 7 Make sure 1/2 of your plate contains vegetables and fruit.
- 8 Add flavor to your meal with salsa.
- 9 Add grains to your salad for a more filling and nutritious meal.
- 10 Have a piece of fruit or raw veggie sticks instead of chips.

TIPS FOR A COLORFUL LUNCH:





**ADD MORE COLOR TO YOUR DAY,
AND BOOST YOUR ENERGY, VITALITY, AND JOY.**

- 1 Avoid the vending machine and pack your own healthy and portioned snack.
- 2 Keep raw veggie sticks handy, such as bell peppers, green beans, celery or carrots.
- 3 Mix your favorite nuts with dried fruit and create your own trail mix.

TIPS FOR A COLORFUL SNACK:

- 4 Swap ice cream for Greek yogurt and fruit.
- 5 Grab a side of salsa and raw veggie sticks instead of a bag of chips.
- 6 Pair up your fruit or vegetable with almond butter, peanut butter or hummus.
- 7 Avoid fruit juice, soda and drinks that are packed with sugar and calories.
- 8 Get 1 serving of fruit by comparing it to the size of a baseball.
- 9 On hot days, munch on a bowl of frozen fruits or vegetables, such as grapes or bananas.
- 10 Keep dried fruit, such as dried apricots, dates, or raisins in your workspace.



**EAT
BETTER
FEEL BETTER**



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