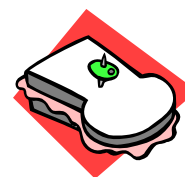




# BOX LUNCH IDEAS



SANDWICH (WHOLE GRAIN BREAD)*		
lettuce tomato purple, white, or green onion green pepper red pepper pickles	turkey breast chicken breast tuna in water + low fat drsg. lean beef 99% fat free lunch meats fat free cheese egg salad + low fat drsg. jelly, jam, preserves	low fat or fat free mayonnaise low fat or fat free salad drsg. mustard salsa ketchup (in moderation) other fat free condiments
FRUIT**		
apple apricots, dried banana cantaloupe cherries figs grapefruit grapes	honeydew nectarine orange papaya peach plum prunes	raisins strawberries tangerine watermelon canned fruits (in light syrup, drained, or fruit juice or water; individual portions available)
VEGETABLES***		
<b>as salad or alone:</b> broccoli carrots, cauliflower, celery, cucumber, lettuce, onions, radishes, tomatoes, zucchini	<b>cold cooked leftovers:</b> asparagus, broccoli, brussels sprouts, peas, etc., with low fat or fat free dressing; veg. juice	<b>hot:</b> any vegetables you choose, including low fat soups
OTHER GRAINS+		
low fat or fat free crackers pretzels rice cakes baked chips	low fat or fat free popcorn dry cereal mix (w/raisins, etc.) instant oatmeal	pita bread bagel English muffin
DAIRY++		
skim or 1% milk cocoa with diet sweetener café au lait (w/skim milk)	fat free yogurt:: plain or with diet sweetener (may add fruit)	low fat or fat free cottage cheese (can mix with salad or fruit) low fat or fat free cheese
SWEETS+++		
low fat cookies low fat individual puddings	angel food or other low fat cakes	fat free caramel corn low fat baked goods

(See back for footnotes)

- \* To prevent wilting, wrap lettuce and tomatoes separately and add when you eat the sandwich if the sandwich contains sauces with vinegar, such as mayonnaise, Miracle Whip, etc.
- \*\* Pre-cut those fruits that are messy to eat and store in zip-lock sandwich bag or a container. Bring a fork.
- \*\*\* Place raw or cooked leftover vegetables in a plastic container. Use a separate mini-container for low fat or fat free salad dressing, mayonnaise, or whipped salad dressing. Use a microwave-safe plastic container for hot vegetables.
- + Store fat free dips, cream cheese spreads, etc., in a mini-container.
- ++ Use a non-leaking thermos for milks; rinse after use; clean thoroughly before re-using
- +++ Pack sweets sparingly and not necessarily every day.

### Notes

Microwavable commercial or homemade TV dinners (low fat) are an option if they can be stored properly where you work & a microwave is available.

Take care that food is kept cool if it contains meat, milk, or eggs. Blue ice or an ice pack in an insulated lunch sack can help if a refrigerator is unavailable. Another option: freeze your fruit, bread, meat &/or beverage (not carbonated & not too full!). They will defrost by lunchtime, while keeping your food cool.



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