

EAT 5 LUNCH

Use lunch as an opportunity to recharge with a nutritious meal whether you brown bag, pick up or dine out.

*the EAT 5 Initiative is designed to integrate fruits and vegetables into the diet to get closer to the goal of five cups per day.

FOLLOW THESE STEPS TO AN EAT 5 LUNCH:

STEP 1

EAT 5 WITH A FRUIT OR VEGETABLE, OR BOTH!

Fruits and vegetables provide essential nutrients (e.g., vitamins A and C, and fiber) and promote weight control and overall health

Go for 1-2 colorful cups or fill ½ your plate with fruits and vegetables

Side salad

Roasted or steamed vegetables



STEP 2

ADD A WHOLE GRAIN, OR STARCHY VEGETABLE

Rich in fiber, these foods can help maintain energy and promote bowel and heart health!

Whole Grains: brown rice, barley, or quinoa and foods made from whole grains (crackers, bread, or pasta)

Starchy vegetables: butternut or acorn squash, potato with skin, or yam

STEP 3

GO FOR PLANT-BASED OR OTHER LEAN PROTEIN

Protein foods pack many essential nutrients (e.g.: B vitamins, iron, and zinc) and are the building blocks for bone, muscles, and blood

Plant based protein: beans, chickpeas, lentils, hummus, nut butters, and whole soy foods like edamame or tofu

Lean animal sources: seafood, eggs, reduced-fat dairy, skinless poultry, and other lean meats

STEP 4

CHOOSE HEALTHY FATS AND OILS

Healthy, or plant based, fats, and oils aid in nutrient absorption, boost satiety, and may have a positive effect on cholesterol levels.

Plant-based oils: olive, avocado, flax, sunflower seed, or rapeseed

Other nutrient dense sources: nuts, seeds, avocado, or olives

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Here are some EAT 5 meal ideas whether you brown bag, pick up or dine out!

BROWN BAG

QUICK-PREP MEAL IDEAS USING NUTRITIOUS KITCHEN STAPLES AND CONVENIENCE FOODS

HOMEMADE LUNCH BOWL

QUINOA
TOMATO
CUCUMBER
KALAMATA OLIVES
CHICKPEAS
LEMON + OIL + OREGANO
LOCAL APPLE SLICES

VEGGIE TACO SALAD

MIXED GREENS
THAWED CORN
BLACK BEANS
BELL PEPPERS
AVOCADO
LIME JUICE + OLIVE OIL + CUMIN
CHEDDAR CHEESE SPRINKLE

HERB TUNA PITA POCKET

LINE CAUGHT TUNA WITH
WITH LEMON, DILL, PARSLEY,
SCALLION, AND OLIVE OIL
WHOLE WHEAT PITA
LOCAL PEAR

PICK-UP

NUTRIENT RICH MEALS FROM QUICK-SERVE RESTAURANTS AND CAMPUS CAFES

DELI SANDWICH

WHOLE GRAIN CIABATTA
HUMMUS
BABY SPINACH
TOMATO
RED ONION
AVOCADO

BUILD YOUR OWN BOWL

SPINACH BASE
FARRO
SPICED CARROTS
BRUSSELS SPROUTS
WILD SALMON
PESTO

GYRO LUNCH

CHICKEN GYRO PLATTER
SALAD
WHOLE WHEAT PITA

DINE OUT

CASUAL DINING MEALS OFFERING A NUTRITIONAL EDGE

NEW AMERICAN EATERY

AVOCADO TOAST
KALE SALAD WITH BUTTERNUT
SQUASH, PUMPKIN SEEDS
LEMON TAHINI DRESSING

VIETNAMESE RESTAURANT

TOFU BAHN MI
CARROTS
DAIKON
CILANTRO
CUCUMBER SALAD

INDIAN LUNCH

MULIGATAWNY SOUP
VEGETABLE CURRY
BASMATI RICE