



Take 10 for lunch

1. **Make time for lunch everyday**

It is important to eat lunch, even on the busiest of days. Try to plan ahead so you have healthy food available. Skipping lunch often leads to afternoon snacking on foods with little nutrition.

2. **Lunch on the run**

For those who are busy with little time to stop for lunch try a fruit smoothie, a sandwich, roll or wrap, fruit with yoghurt and some nuts, sushi, crackers and cheese with fresh or dried fruit.

3. **Make your own lunch for dollar and health savings**

Buying lunch regularly may lead to more than just an empty wallet. Food prepared outside the home is often higher in kilojoules and fat and lower in dietary fibre than food made at home.

4. **Choose carefully when buying lunch**

Choose small serves of high fibre, low fat foods. Try wholegrain breads, lean meats, salads or vegetables with low fat dressing, soups made from vegetables, or sushi. Avoid pastries, deep fried foods and those containing fatty meats.

5. **Pack a great lunchbox**

Include wholegrain bread or crackers, pretzels or popcorn; lean meat or chicken, tinned fish, eggs or nuts; low fat dairy food like cheese, milk or yoghurt; fresh, dried or tinned fruit; vegetable sticks or a salad for a well balanced lunchbox.

6. **Get kids involved in putting their lunchbox together**

Have children help put their lunchbox together. Offer them a limited choice of the things you would be happy for them to include. Ask them regularly if they would like something new or different to help make lunch interesting and appetizing.

7. **Keep lunch cool and safe to eat**

If your lunch can't be refrigerated, pack ice bricks, frozen drinks or yoghurt to help keep food cool. Insulated lunch bags are also a great idea.

8. **Keep lunchboxes clean and fresh**

Wash lunchboxes well everyday. Use separate containers and food wrap to keep different food separate and fresh.

9. **Make the right choice if dining out**

If you are dining out at lunchtime, eat lots of vegetables and salad and lean, grilled meat, chicken or fish. If lunch is a large meal, try to make your evening meal a light salad or soup. Try sparkling water or low joule soft-drinks in place of alcohol.

10. **Get the right support**

An Accredited Practising Dietitian (APD) is your diet coach – providing you with individual, expert advice to help you achieve your goals. Visit the 'Find an APD' section of the Australia's Healthy Weight Week website at www.healthyweightweek.com.au to find an APD in your area.

Eat better, feel better, move more **NOW!**

