Healthy Lunches and Snacks

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Lunchtime Goal

• Feed your brain
• Feed your body
• Relaxation and stress management
Signs You Are Hungry

- Lightheadedness
- Mild to severe headaches
- Mouth watering
- Stomach growling

- Stomach pains
- Restlessness
- Irritability
- Feeling somewhat anxious
Effects of Hunger

- Slowing down metabolism to conserve energy
- Tendency to overeat
- Increased efficiency of fat storage
Healthy Eating Index: A Measure of Diet Quality

• Healthy Eating Index (HEI) measures how closely our diet follows the Dietary Guidelines of Americans.
• Score of 100 = perfect adherence
• US score ≈ 58.5
**Lunch**

- Tuna sandwich on rye bread (with lettuce, celery, and mayonnaise)
  - 1 pear
  - 8 oz. fat-free milk

- Ham sandwich on white bread (with lettuce, tomatoes, and mayonnaise)
  - 8 oz. fat-free milk

- Ham sandwich on white bread (with lettuce, tomatoes, and mayonnaise)
  - 1 single serving bag, potato chips
  - 8 oz. 2% milk

- Grilled ham and cheese sandwich on white bread (grilled with butter)
  - 1 single serving bag, potato chips
  - 1 can regular soda

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**Healthy Eating Index scores**

- Tuna sandwich on rye bread: 93
- Ham sandwich on white bread: 62
- Ham sandwich on white bread: 48
- Grilled ham and cheese sandwich on white bread: 27

[https://www.nccor.org/projects/hei/photos/#scores](https://www.nccor.org/projects/hei/photos/#scores)
Dietary Guidelines for Americans

- Macronutrients Ratios for a healthy adult according to 2015–2020 Dietary Guidelines for Americans:
  - 45-65% of calories from Carbohydrate
  - 10-35% of calories from Protein
  - 20-35% of calories from Fat
Satiety

• Aim for a satisfying, healthy lunch
  – Protein
  – Carbohydrate
  – Fiber
  – Fat
Eating Out

• Can be expensive
• Takes time
• Can be hard to eat healthy
• Portion control can be challenging
## Restaurant Examples

<table>
<thead>
<tr>
<th>Food</th>
<th>Calories</th>
<th>Fat (g)</th>
<th>Sodium (mg)</th>
<th>Carb (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buffalo Chicken Salad (no dressing)</td>
<td>970</td>
<td>66</td>
<td>3360</td>
<td>44</td>
<td>49</td>
</tr>
<tr>
<td>Grilled Chicken Salad (no dressing)</td>
<td>430</td>
<td>23</td>
<td>1140</td>
<td>22</td>
<td>36</td>
</tr>
<tr>
<td>Quesadilla Salad (no dressing)</td>
<td>1400</td>
<td>93</td>
<td>2390</td>
<td>81</td>
<td>61</td>
</tr>
<tr>
<td>Chicken Enchilada - Bowl</td>
<td>410</td>
<td>26</td>
<td>1490</td>
<td>24</td>
<td>20</td>
</tr>
<tr>
<td>Mushroom Swiss Burger</td>
<td>1040</td>
<td>71</td>
<td>1300</td>
<td>50</td>
<td>53</td>
</tr>
<tr>
<td>Cajun Pasta with Grilled Chicken</td>
<td>1180</td>
<td>53</td>
<td>3520</td>
<td>111</td>
<td>65</td>
</tr>
<tr>
<td>Black Bean &amp; Veggie Fajitas (w/o toppings or tortillas)</td>
<td>600</td>
<td>27</td>
<td>2500</td>
<td>74</td>
<td>28</td>
</tr>
<tr>
<td>Shrimp Fajitas (w/o toppings or tortillas)</td>
<td>280</td>
<td>12</td>
<td>2740</td>
<td>22</td>
<td>25</td>
</tr>
<tr>
<td>Turkey Club Sandwich (no chips or fries)</td>
<td>590</td>
<td>35</td>
<td>1050</td>
<td>43</td>
<td>27</td>
</tr>
</tbody>
</table>

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*Source: UF/IFAS Extension*
Improve Choices When Eating Out

Terms to Avoid
• Glazed
• Au gratin
• Fried
• Creamy
• Fried
• Sautéed
• Gravy

Healthier Choices
• Roasted
• Grilled
• Baked
• Steamed
• Substitute fruit, vegetables or salad for fries

Just Say “NO” to buffets
If Eating Prepared Frozen Meals...

- Purchase healthier options
- Add
  - Piece of fruit
  - Veggies such as carrot sticks or tomato
  - Have some nuts
  - Others??
Creating Healthy Lunches

• What is on hand?
  – Leftovers?
  – Vegetables
  – Fruit - fresh, canned, frozen
  – Grains
  – Protein
    • Keep canned tuna and beans on hand
    • Tip- freeze leftover meat
How Much Protein?

- Generally (US Dietary Guidelines)
  - 10% - 35% of daily calorie intake from protein
- More specifically
  - 0.8 grams of protein per 2.2 pounds of body weight
  - Examples:
    - (125 lbs./2.2) x 0.8 = 45.45 g
    - (150 lbs./2.2) x 0.8 = 54.54 g
    - (200 lbs./2.2) x 0.8 = 72.73 g

Table 1. Recommended Dietary Allowance for Protein Based on Reference Body Weights.

<table>
<thead>
<tr>
<th>Age</th>
<th>Protein (grams/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children ages 1–3</td>
<td>13</td>
</tr>
<tr>
<td>Children ages 4–8</td>
<td>19</td>
</tr>
<tr>
<td>Children ages 9–13</td>
<td>34</td>
</tr>
<tr>
<td>Girls ages 14–18</td>
<td>46</td>
</tr>
<tr>
<td>Boys ages 14–18</td>
<td>52</td>
</tr>
<tr>
<td>Women ages 19–70+</td>
<td>46</td>
</tr>
<tr>
<td>Men ages 19–70+</td>
<td>56</td>
</tr>
</tbody>
</table>

Source: Centers for Disease Control and Prevention 2012.

General Information for Adult Men and Women who are not breast feeding

https://health.gov/dietaryguidelines/2015/guidelines/appendix-7/#table-a7-1-daily-nutritional-goals-for-age-sex-groups-based-on-d
## Protein Examples

<table>
<thead>
<tr>
<th></th>
<th>Size</th>
<th>Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuna, light, canned, drained</td>
<td>3 oz.</td>
<td>16.52 g</td>
</tr>
<tr>
<td>Roasted chicken</td>
<td>3 oz.</td>
<td>20 g</td>
</tr>
<tr>
<td>Black Beans</td>
<td>½ cup</td>
<td>7 g</td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>2 Tbsp.</td>
<td>7.7 g</td>
</tr>
<tr>
<td>Almonds</td>
<td>1 oz.</td>
<td>6 g</td>
</tr>
<tr>
<td>Large egg, hardboiled</td>
<td>1</td>
<td>6.29 g</td>
</tr>
<tr>
<td>Cottage Cheese</td>
<td>½ cup</td>
<td>13 g</td>
</tr>
</tbody>
</table>

Read Nutrition Facts Label for information or go to the USDA Nutrient database at [https://ndb.nal.usda.gov/ndb/search/list](https://ndb.nal.usda.gov/ndb/search/list)
Choose Lean Protein Most Often

• Good use for leftovers
• Meat and poultry
• Seafood
• Tofu
• Eggs
• Seeds and nuts
• Beans
Lunch meat and diet quality

- Consumers of lunch meats (cold cuts, deli meats) have higher intakes of calories, protein, calcium, potassium, sodium and saturated fat.
- No difference in the total HEI score for consumers of lunch meats vs. non-consumers.
- No relationship to measures of health and lunch meats e.g. weight, blood pressure, blood glucose, cholesterol and others.

Beans

• Great source of fiber
• Filling
• Inexpensive
• Keep canned on-hand
• Add to salads or make an all-bean salad in a vinaigrette dressing
Make Better Sandwich Choices (whether eating out or making your own)

- Whole wheat most often
- Less processed meat
- Grilled or roasted meat, not fried
- Lots of veggies
Carbohydrates

• General RDA is 130 grams daily for adults but recommendations vary due suggested calories levels
• Choose quality carbohydrates most often
  – Fruits and vegetables
  – Dairy products
  – Legumes (beans)
  – Whole grain
• Limited added sugars
Grains

• Rice
• Bulgur
• Quinoa
• Pasta and noodles
• Try some new ones!

Healthy Lunch Tip:
Rice freezes well. Make a batch and freeze in 1/2 cup portions to use in salads, rice bowls or as a side dish. Add lentils to increase protein and fiber.
Just Because it’s a “Salad” Doesn’t Mean it’s Healthier than a Regular Meal!
Salad Type

Side Dish
- Enhance nutrition in meal
- Add interest

Main Dish
- Nutritious
- Filling
- Multiple food groups
Make Your Salad a Meal

• Start with a base
• Add interest with vegetables and/or fruits
• Select a lean protein
• Add crunch and texture
• “Dress” it up
It’s Not All About Lettuce!

• Fruit
• Other vegetables
• Beans
• Pasta
• Grains
• Others
  – What’s your favorite?

Warm Kale Salad
Create a Salad in a Jar

1. Place salad dressing in the bottom of the jar
2. Top with a layer of hard, moisture-resistant vegetables (e.g. carrots, cucumbers, broccoli, radishes, cauliflower, red and green pepper)
3. Follow with 1 or more of these protein foods: lentils; garbanzo beans or other beans (e.g. black beans, kidney beans, Great Northern Beans, red beans). Meat, such as canned tuna, roasted chicken or ham, may taste best and keep better if added at the time of serving
4. Softer vegetables and fruits come next, such as corn, olives, grape tomatoes and dried fruit (e.g. raisins, cranberries, blueberries, cherries)
5. Nuts and seeds follow, for example almonds, walnuts, and sunflower seeds. Chunks of cheese or shredded cheese also can be added at this time
6. Add salad greens last
7. Top the jar with lid and store in the refrigerator. Place salad jar in an insulated bag with a gel pack if carrying it to work
Salad Dressing

- Often biggest calorie source in salad
- Commercial products may be high in sugar and/or sodium
- Read labels of different brands to pick healthier option
- Make your own
Top a Tater!
What about Soup?
Potato Soup Mix in a Jar

- 2 c. instant potato flakes
- 1¾ c. nonfat dry milk
- 2 Tbsp. instant chicken bouillon granules (or substitute vegetable bouillon)
- 2 tsp. dried onion flakes
- 1 tsp. dried parsley
- ½ tsp. garlic powder
- ¼ tsp. white pepper
- 1½ tsp. seasoning salt (or use salt free seasoning)
Spicy Chicken Chili

- 1 lb. boneless, skinless chicken breasts, cubed
- 2 c. chopped tomatoes (or substitute canned chopped tomatoes)
- 1 c. chopped white onion
- 1 (15-oz.) can spicy chili beans
- ½ c. shredded cheddar cheese (optional)

- Makes four servings.
- Per serving:
  - 240 calories
  - 7 grams (g) fat
  - 28 g protein
  - 21 g carbohydrate
  - 760 mg sodium

https://www.ag.ndsu.edu/food/recipes/meats/spicy-chicken-chili
Slow Cooker Chicken Tacos

- 1 (16-ounce) jar salsa
- 1 (16-ounce) package frozen corn
- 1 (14.5-ounce) can black beans, drained and rinsed
- 1 tsp. cumin
- 4 chicken breasts, thawed

Makes 15 servings (about 1/2 cup each).
Per Serving: about 120 calories, 1.5 grams (g) of fat, 13 g carbohydrate, 16 g protein and 310 mg sodium
Limited Time?

• Prep the night before
• Buy pre-cut fruits and vegetables
• Make salads that keep longer
  – Bean salad
  – Hummus
  – Marinated vegetables

• Planned overs
• Have stash of frozen lunches
  – Purchased or prepared at home
• Use convenience products
  – Salad spinner
  – Mini-food processor
Snacking Tips

• Fill in your nutritional gaps
• Plan ahead
• Low calories
• Single serve
  – Divide large bags into multiple small servings
• Quality counts
  – Whole fruit
  – Vegetables
Will diet quality improve with snacking changes?

- Substituting tree nuts for all snacks increased HEI score to 67.8
- Substituting tree nuts for only less healthy snacks increased HEI score to 69.7
- Added sugar, solid fat, saturated fat and sodium would decrease
- Healthy oils, fiber, magnesium and potassium would increase

Meal and snack frequency and diet quality

• Examining a representative sample of Americans (> 19,000 people)
• Meals and snacks (> 50 calories)
• Increased frequency of meals and snacks are associated with a slightly improved HEI score.

<table>
<thead>
<tr>
<th>Snack</th>
<th>Healthy Eating Index scores</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 oz. low-fat vanilla yogurt, ½ cup of cherries</td>
<td>93</td>
</tr>
<tr>
<td>6 oz. low-fat vanilla yogurt, 10 oz. mixed berry fruit juice</td>
<td>62</td>
</tr>
<tr>
<td>3 medium chocolate chip cookies, 4 oz. 2% milk</td>
<td>48</td>
</tr>
<tr>
<td>1 cake donut, 8 oz. coffee, 2 tsp sugar, 1 oz. half and half</td>
<td>27</td>
</tr>
</tbody>
</table>
Creating a healthy food environment - Snacks

• What “snackable foods” stock your home cupboards and fridge?
• What snacks are available in your office/work area?
• What snacks do you carry with you?
• What daily snack purchases do you make? Vending? Beverages?
### Carrots & Celery with Creamy Dip
- Calories: 193
- Saturated Fat: 5g
- Sodium: 317mg
- Added Sugars: 0g

### Carrots & Celery with Hummus
- Calories: 137
- Saturated Fat: 1g
- Sodium: 232mg
- Added Sugars: 0g

**How this food fits into MyPlate:**

#MyPlateMyWins
Almonds
Almonds: Natural, Lightly Salted, or Smokehouse?
Granola (Honey Almond vs. Oats and Honey Clusters with Toasted Coconut)
**Granola**

**Nutrition Facts**

- **Serving Size:** 2/3 cup (55g)
- **Amount Per Serving**
  - Calories: 210
  - Calories from Fat: 60
  - Total Fat: 6g
  - Saturated Fat: 0.5g
  - Trans Fat: 0g
  - Cholesterol: 0mg
  - Sodium: 100mg
  - Total Carbohydrate: 34g
  - Dietary Fiber: 3g
  - Sugars: 12g
  - Protein: 5g

- **As a Snack**
  - Calories: 120
  - Total Fat: 3g
  - Saturated Fat: 0g
  - Trans Fat: 0g
  - Cholesterol: 0mg
  - Sodium: 55mg
  - Total Carbohydrate: 19g
  - Dietary Fiber: 2g
  - Sugars: 7g
  - Protein: 3g

- **% Daily Value**
  - Calories: 8%
  - Total Fat: 9%
  - Saturated Fat: 3%
  - Trans Fat: 0%
  - Cholesterol: 0%
  - Sodium: 4%
  - Total Carbohydrate: 11%
  - Dietary Fiber: 8%
  - Sugars: 12%
  - Protein: 11%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*
Popcorn
Trail Mix

Nutrition Facts

Serving Size 1 oz (28g)
Servings per Container about 14

Amount Per Serving
Calories 170 Calories from Fat 70
% Daily Value*
Total Fat 10g 15%
Saturated Fat 1g 6%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 4mg 0%
Total Carbohydrate 17g 6%
Dietary Fiber 2g 9%
Sugar 12g
Protein 4g

Vitamin A 0%  
Vitamin C 1%
Calcium 1%  
Iron 3%

Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts

about 3 servings per container
Serving Size 1/4 cup (31g)

Amount per serving
Calories 180
% Daily Value*
Total Fat 15g 19%
Saturated Fat 2g 11%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 180g 8%
Total Carbohydrate 9g 3%
Dietary Fiber 2g 8%
Total Sugars 1g
Includes 0g Added Sugars 0%
Protein 6g

Vitamin D 0mcg 0%  
Calcium 40mg 4%  
Iron 0.9mg 4%  
Potas. 150mg 4%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Hummus

• Store-bought
  – Read nutrition labels

• Make your own
  – Inexpensive
  – Use different types of beans
  – Easier if you have blender or food processor

http://web.extension.illinois.edu/cjmm/eb377/entry_9434
http://igrow.org/healthy-families/health-and-wellness/hummus-healthful-versatile/
Type in the chat!

Healthy Snack Ideas
Create Healthy Lunches and Snacks

• It’s not just food
• Don’t eat at your desk
• Take a few minutes to de-stress
  – Read
  – Meditate
  – Walk
  – Talk to a co-worker (but not about work!)
  – Other ideas?