







# Nutritious Quick Stop Lunch Options


Time-crunched? You need lunch in a hurry and would like to know if there are healthy options out there you can count on? Healthy fast food items are woefully limited, so your best option may be quick picks from the grocery store. The tips below will help you navigate the aisles to a healthy meal you can eat on the run.

## GROCERY STORE QUICK LUNCH PICKS

Store Item	Produce Section	Deli	Dairy	In the Aisle
<b>BUILD-YOUR-OWN SALAD</b> 	<ul style="list-style-type: none"> <li>Use the store salad bar for fresh veggies and fruit</li> </ul>			<ul style="list-style-type: none"> <li>Skip regular dressing and pick up infused* vinegar, which has been flavored by adding fruit or herbs to the bottle.</li> </ul>
<b>READY-MADE SALADS</b> 	<ul style="list-style-type: none"> <li>Prepared salads, cut up veggies, containers of fresh fruit</li> </ul>		<ul style="list-style-type: none"> <li>Pair with low-fat cheese snacks. This adds calcium and protein.</li> </ul>	<ul style="list-style-type: none"> <li>Spray dressings help cover the salad and add few calories.</li> <li>Hummus with raw veggies makes a nice afternoon work snack.</li> </ul>
<b>PREPARED CHICKEN OR FISH (STEAMED, GRILLED, BROILED)</b> 		<ul style="list-style-type: none"> <li>Ask how food is prepared. A little olive oil will do.</li> </ul>		<ul style="list-style-type: none"> <li>Canned tuna in water is an easy pick-up.</li> </ul>
<b>STEAMED OR GRILLED VEGETABLES</b> 	<ul style="list-style-type: none"> <li>Steaming bags can be brought back to microwave at work.</li> </ul>	<ul style="list-style-type: none"> <li>Usually several to choose from. Look for the deli-area with prepared foods.</li> </ul>	<ul style="list-style-type: none"> <li>A sprinkle of low-fat cheese might be tasty.</li> </ul>	
<b>YOGURT, COTTAGE CHEESE</b> 			<ul style="list-style-type: none"> <li>Look for non-fat, high-protein Greek yogurt; low-fat cottage cheese.</li> </ul>	<ul style="list-style-type: none"> <li>Add your own fruit for more flavor and fiber. If you choose canned or frozen fruit, choose those with no added sugar.</li> </ul>
<b>NUTS &amp; SEEDS</b> 	<ul style="list-style-type: none"> <li>Healthy unsalted, raw, and dry-roasted varieties are often in produce.</li> </ul>			<ul style="list-style-type: none"> <li>The Health Food section may have some in bulk – a small handful will do. Look for almond or peanut butter in single-serving containers to pair with an apple.</li> </ul>







\*From the culinary sense, an infusion adding a desired flavoring agent, usually plant-derived, to a steeping liquid.

## GROCERY STORE QUICK LUNCH PICKS, CONT'D.

Store Item	Produce Section	Deli	Dairy	In the Aisle
<p><b>WHOLE GRAIN CRACKERS, UNSALTED POPCORN</b></p> 		<ul style="list-style-type: none"> <li>Whole grain crackers, not high in sodium are often in the deli section.</li> </ul>		<ul style="list-style-type: none"> <li>Unsalted and reduced sodium low-fat microwave popcorn is a whole grain for lunch or snack.</li> </ul>

Sometimes, it's fast food or nothing! On those days, remember the tips below to make the most of limited fast food options. The biggest fast food challenge may be its high sodium content. The recommended daily intake of sodium is less than 2300 mg for healthy Americans. To put it in perspective, that's slightly less than the sodium in 1 teaspoon of table salt. The recommended amount for adults who are 51 and older, African Americans of any age, children, and many people with health issues is 1500 mg daily. Be aware of the values below, and adjust your sodium intake for the rest of the day accordingly. (\*Na = sodium. Low sodium is defined as < 140 mg per serving, high sodium as > 480 mg per serving.)

## NOTICE THE BEST CHOICES BY COMPARING ITEMS FROM THESE FAST FOOD PICKS:

Cuisine	Instead of:	Try:	Tips
<b>AMERICAN</b>	<ul style="list-style-type: none"> <li>Cheeseburger 620 cal, 1262 mg Na</li> </ul> 	<ul style="list-style-type: none"> <li>Kid-Size Burger 270 cal, 340 mg Na</li> </ul> 	<ul style="list-style-type: none"> <li>Adult servings can be excessive, order off the children's menu for reasonable portions; avoid creamy toppings (cheese, mayo, ranch); ask for an un-oiled bun; skip pickles to lower sodium.</li> </ul>
<b>CHINESE</b>	<ul style="list-style-type: none"> <li>Sweet &amp; Sour Chicken 360 cal, 690 mg Na (per serving)</li> </ul> 	<ul style="list-style-type: none"> <li>Sweet &amp; Sour Shrimp, (request cooked w/ chicken stock instead of oil) 170 cal, 500 mg Na (per serving)</li> </ul>	<ul style="list-style-type: none"> <li>With more protein per ounce than chicken, shrimp might satisfy hunger a little longer and can be cooked with less oil.</li> </ul>
<b>ITALIAN</b>	<ul style="list-style-type: none"> <li>Full-order Caesar Salad w/ Grilled Chicken 560 cal, 1270 mg Na</li> </ul> 	<ul style="list-style-type: none"> <li>Half-order Caesar Salad w/ Grilled Chicken. Ask for dressing on the side. 280 cal, 635 mg Na</li> </ul>	<ul style="list-style-type: none"> <li>Half-orders are often adequate portions. If they're not offered, pick up a to-go box when you order and pack 1/2 the food immediately.</li> </ul>
<b>MEXICAN</b>	<ul style="list-style-type: none"> <li>Taco Salad, loaded 710 cal, 1350 mg Na</li> </ul> 	<ul style="list-style-type: none"> <li>Grilled Beef Soft Taco with Salsa 150 cal, 520 mg Na</li> </ul> 	<ul style="list-style-type: none"> <li>Don't be misled by salads: cheese, creamy dressing, and fried tortillas, quickly add calories, fat, and salt.</li> </ul>

## Stay Informed for Good Decisions

Legislation has been proposed that restaurants with 20 or more locations post the calorie content of foods on their menus. Additional nutritional information will be available upon request. Look for this information to help you dine out healthy!

## Resources

- Nutrition In The Fast Lane: The Fast-Food Dining Guide, 17th Edition. Franklin Publishing, Inc. 2012.

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