

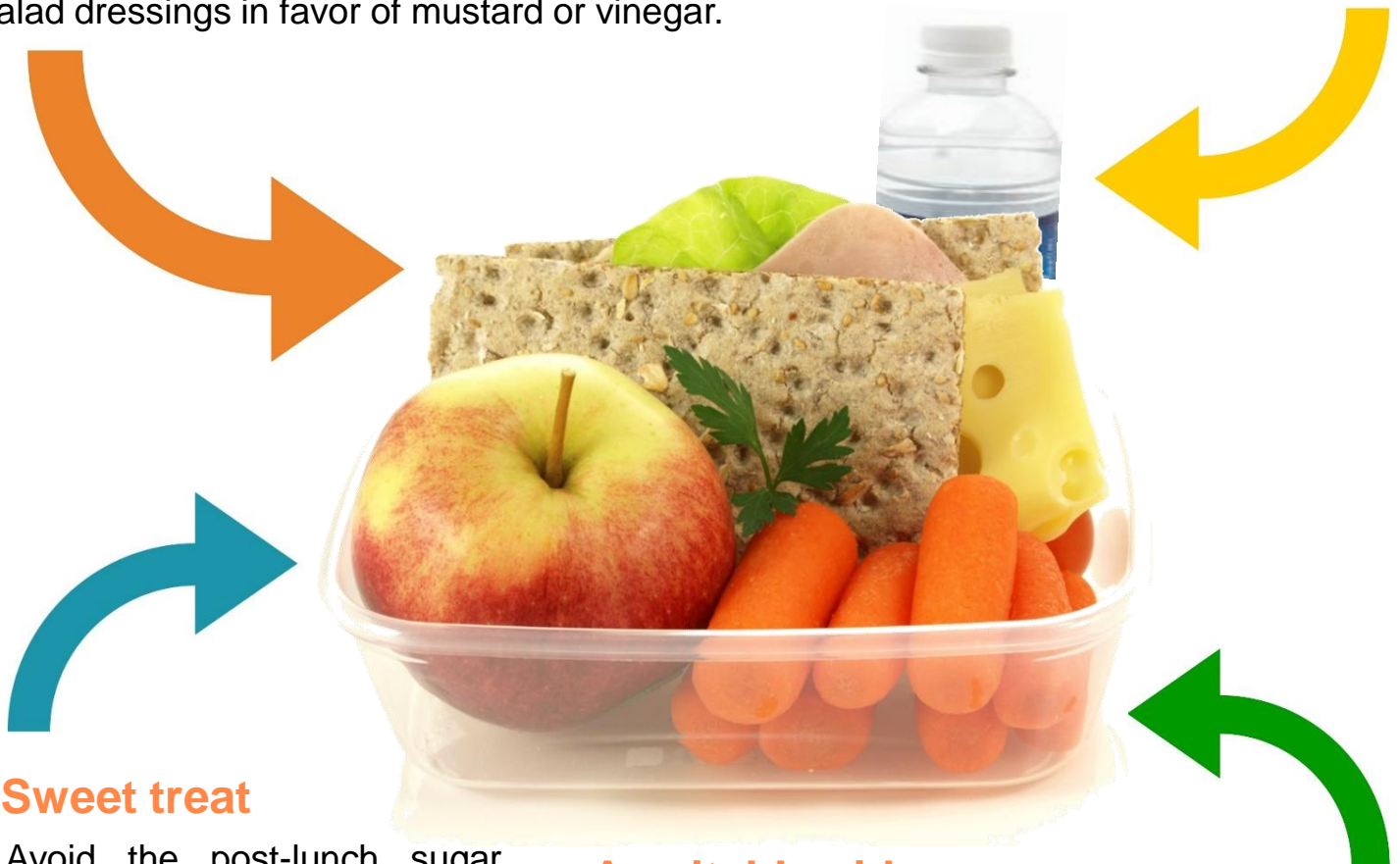
Anatomy of a Healthy Lunch

Start with the entree

The right combination of fiber, lean protein and whole grains provides the fiber you need to fuel the rest of your day. Try whole-wheat pasta or bread with a small portion of lean protein like beans, fish, low-fat dairy, chicken or turkey. Whether you whip up a salad or a sandwich, avoid high-calorie mayonnaise or salad dressings in favor of mustard or vinegar.

What to drink?

Plain and simple water is your best choice. Being well hydrated will help you focus on your work, keep headaches at bay and can help squelch hunger pangs. Try adding fresh fruit or cucumbers if you need a little flavor.



Sweet treat

Avoid the post-lunch sugar crash! Fresh fruit is a great way to satisfy your sweet tooth while adding nutritional value. If you'd like to dress it up a little, try a small fruit salad with fresh mint. A whole-grain, low-sugar granola is another excellent option.

A suitable side

It's time to stop thinking of sides as afterthoughts and start thinking of them as a way to get the nutrition we need. Nuts and seeds are a great choice, offering the perfect combination of fiber and protein. Raw vegetables will add crunch, and even a few low-salt corn chips and salsa are a great way to perk up your day.