

# HEALTHY EATING

## POWER LUNCHES

WANT A LUNCH THAT PACKS A PUNCH AND GIVES YOU ENERGY ALL DAY?  
LOOK AT YOUR LUNCH AND SEE IF IT HAS THESE KEY INGREDIENTS:

□ **a vegetable** such as leafy green salad, veggie sticks or cooked in a soup, stew or pasta

□ **fruit** - fresh, canned (unsweetened), or dried

□ **a grain product** (whole grain or enriched) such as bread, tortilla wraps, bagels, buns, crackers, pasta, rice, muffins

□ **a milk product** or substitute such as milk, yogurt, cheese, yogurt drink, or fortified soy beverage

□ **some lean meat, fish, poultry or meat alternative** such as an egg, peanut butter, hummus or other legumes in soups, salads and dips

## POWER SNACKS

Working hard and need a little extra energy later in your shift? Pack some small snacks with carbs to fuel your brain and protein for longer lasting energy.

- Dip carrot sticks in nut butter
- Eat cottage cheese with fruit
- Whole grain crackers with a hard-boiled egg
- Handful of grapes and chunk of cheese
- Veggie sticks and hummus
- Apple slices and almond or peanut butter
- Handful of nuts and dried fruit

### A Sample Power Lunch with Snacks

*Lunch:*

- Sandwich with protein (meat or hummus) & lettuce, tomato; apple, cheese chunk
- Salad, with egg, nuts, cheese and fruit

*Snacks:*

- Crackers, tuna, cut veggies and banana

**TAKE CARE**  
OF YOUR  
**EQUIPMENT**