



Have You Heard?

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Home Economist

Put Variety In Packed Lunches

As you pack lunches for the back to school crowd, remember to keep on track with the recommendations from USDA's Food Guide Pyramid. Use a variety of foods from the major food groups. Watch lunch beverages and desserts. Fats and sugars quickly can add more calories than we need. Use only small amounts of high-fat foods, such as margarine, mayonnaise, and fatty meats. Include foods with dietary fiber, such as fruits and vegetables and whole grain breads. Choose low sodium foods, such as margarine, mayonnaise, and fatty meats. In-

clude foods with dietary fiber, such as fruits and vegetables and whole grain breads. Choose low sodium foods, such as fruits, vegetables, and lean meats.

Although it is not essential to eat something from each food group for lunch, doing so helps you meet your daily nutritional needs. For an adequate diet, each day try to eat at least two servings of fruit, three servings of vegetables, six servings of breads and other grain products, two servings of lean meat, poultry, fish or alternatives, and two servings of milk, cheese, or yogurt.

If sandwiches are the mainstay of your bag lunches, add some

variety by using the following breads: whole wheat, multi-grain, rye, pumpernickel, raisin, herb and onion. Try pita pockets, sub or kaiser roll, bagel, or English muffin. Many breads are now made with whole grains, but read the label carefully and don't purchase just dark bread.

For sandwich fillings try flaked cooked fish or water-packed tuna mixed with herb seasoned tomato sauce for a change, or mandarin oranges, sprouts, shredded cabbage and a little salad dressing. Chopped cooked lean meat or poultry mixed with shredded cabbage, minced onion, and plain low-fat yogurt, seasoned with pepper and dry mustard, or chopped vegetables seasoned with chili and dry mustard, with lowfat cottage cheese to moisten is different.

Do you know that lean roasted meats, poultry and fish generally contain less sodium than cured or processed meats, such as ham, bacon, frankfurters, or luncheon meats and deli sliced turkey breast or roast beef. Prepare your own and save money. Natural cheeses, such as Cheddar or Swiss generally contain less sodium than processed cheeses, such as American

or cheese foods and spreads. Low-fat cheese and yogurt provide less sugar than flavored yogurt. Fresh fruit, frozen, unsweetened fruit, and fruit canned in fruit juice contain less sugar than canned in heavy syrup.

Keep calories, fat and sodium in mind when you choose condiments, spreads, and other foods that you add to sandwiches. Prevent soggy sandwiches by packing lettuce, tomatoes, alfalfa sprouts, and onions in a separate container and add them to your sandwich when you are ready to eat it.

Place chilled foods in an insul-

ated lunch box rather than a paper bag. Freeze sandwiches to keep the rest of a lunch cold; they will thaw by lunchtime. Simple sandwiches freeze best - peanut butter, sliced meat or poultry, those that do not contain mayonnaise or salad dressing, or hard cooked eggs. Sandwich fillings with meat, poultry, fish or eggs, can spoil if they are stored at room temperature for longer than two hours. Use a vacuum bottle to keep foods cold or use an ice pack. For a hot lunch, use a wide mouth vacuum bottle to carry a variety of foods: soups, chili, baked beans, or a casserole.

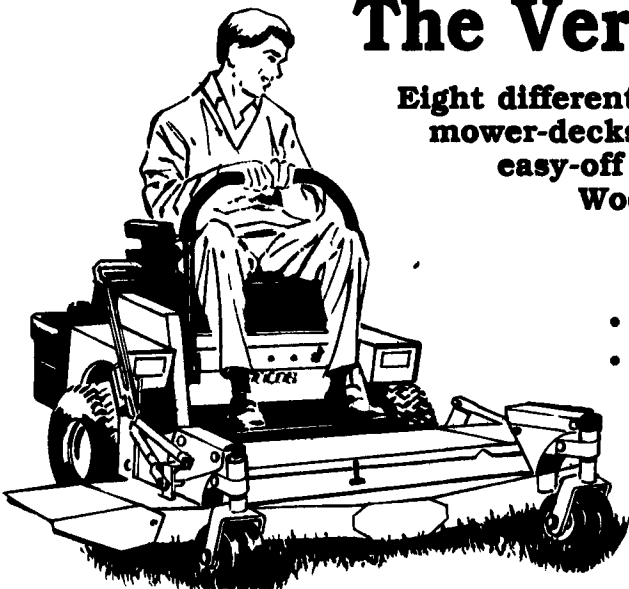
Brown Bag Checklist - How Often Does Your Lunch Contain:

	Seldom or or Never	1 or 2 Times a week	3 to 4 Times a week	Almost Daily
Fruits or fruit juices	_____	_____	_____	_____
Vegetables or vegetable juices	_____	_____	_____	_____
Enriched grains, pasta, or other whole grain products	_____	_____	_____	_____
Lean meat, poultry or fish	_____	_____	_____	_____
Dry Beans, peas, lentils	_____	_____	_____	_____
Peanuts, eggs	_____	_____	_____	_____
Lowfat milk, cheese, yogurt	_____	_____	_____	_____

Woods mow'n machine...

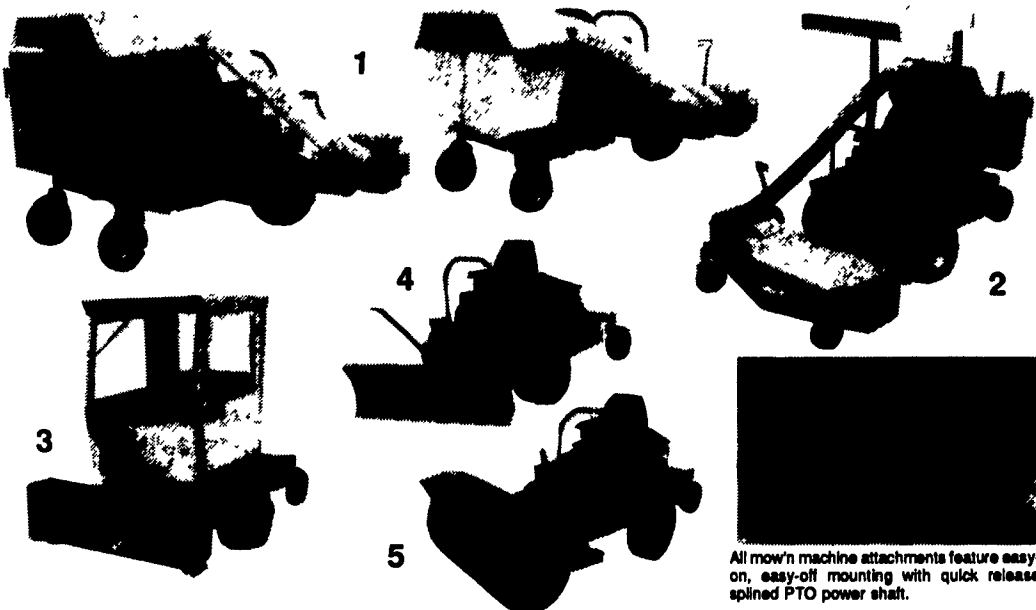
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