Packing Healthy Lunches Workshop & Chat

with Cornell Wellness

Things that factor into a healthy lunch

Eat the rainbow
Texture
Satisfying
Seasonal
Flavor
Several food types
Raw vs. cooked
Variety
Minimally processed

Notes:
Healthy Lunch Bento Box

*Depending on your health goals, fruit could either be included with non-starchy veggies/leafy greens OR with high fiber starch/carbs

Packing Healthy Lunches Guide

<table>
<thead>
<tr>
<th>Non-starchy veggies/leafy greens/fruit* (½ box, 1-2 fistfuls)</th>
<th>Protein (¼ box, 1-2 palms)</th>
<th>High fiber starch/carbs/fruit* (¼ box, 1-2 cupped handfuls)</th>
<th>Healthy fat (1-2 thumbs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: mixed green salad with cut apple</td>
<td>sliced chicken breast</td>
<td>oatmeal pumpkin muffin</td>
<td>balsamic dressing with extra virgin olive oil, chopped pecans</td>
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<tr>
<td>Mixed greens, sprouts, cilantro</td>
<td>½ cup black beans</td>
<td>Baked sweet potato</td>
<td>Green dressing w/ EVOO, avocado chunks</td>
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<tr>
<td>Vegetable soup, sliced carrots</td>
<td>Chickpeas in soup, ½ cup Greek yogurt</td>
<td>Potatoes in soup, ¼ cup blueberries</td>
<td>Hummus</td>
</tr>
<tr>
<td>Lettuce and tomato on sandwich, peach slices</td>
<td>Deli turkey, hummus</td>
<td>2 slices whole grain bread</td>
<td>1 Tbsp mayo on sandwich</td>
</tr>
<tr>
<td>Lettuce wrap, tomato slices, salad</td>
<td>Bison burger</td>
<td>Roasted acorn squash on salad</td>
<td>Italian dressing made w/ EVOO</td>
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</tbody>
</table>

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Healthy Lunch Bento Box- Examples of foods for each category

Non-starchy vegetables/leafy greens:

- Broccoli (steamed or raw)
- Cauliflower
- Carrots (ie. sticks to dip)
- Cucumbers
- Green beans
- Tomatoes
- Peas
- Salad greens
- Kale
- Onions/scallions
- Herbs like cilantro, parsley
- Veggie soup
- Fermented veggies (ie. pickles, dilly beans)

Fruit*:

- Blueberries
- Cherries
- Grapes
- Peaches
- Apples (ie. whole, sauce, slices)
- Pears
- Raspberries
- Banana
- Kiwi

Protein:

- Beans/legumes
- Soy products like tofu, tempeh
- Meat/poultry/deli meats
- Hard boiled eggs
- Cottage cheese
- Yogurt, Greek yogurt, kefir (note non-dairy yogurts have little protein)
- Hummus
- Nuts/nut butters
- Seeds/seed butters

High fiber starch/carbs:

- Whole grain bread, sourdough bread
- Bread products like pita, tortillas, etc.
- Winter squashes like acorn, butternut
- Whole grains and pseudograins like brown rice, quinoa, millet, buckwheat, wild rice, etc.
- Puddings or fruit products (mostly carbs)
- Cookies, chips, crackers, pretzels, etc. all go in this category too if their primary macronutrient is carbs

Healthy fat:

- Hummus
- Nuts/nut butters
- Seeds/seed butters
- Cheese
- Salad dressings (preferably made with high quality oils ie. EVOO)
- EVOO or extra virgin olive oil
- Avocado/avocado oil
- Dark chocolate