

Tips for Making Great Choices at Lunch:

- For more fiber, fewer calories, and less fat, try substituting a baked potato, side salad, or veggies for fries
- Boost the nutrition in all types of sandwiches by adding tomato, lettuce, peppers, or other vegetables
- Skip the sour cream and butter on your baked potato. Instead, top your potato with broccoli and a sprinkle of cheese or salsa
- Choose pizza loaded with vegetable toppings
- Choose a 100% whole wheat bun to give your fiber and vitamin intake a boost
- Limit your portion of high-calorie condiments such as mayo and special sauces
- Opt for a veggie burger or grilled chicken instead of a hamburger
- Choose fish when available such as tuna, tilapia, or salmon



Tips for Making Great Choices at the Salad Bar:

- Keep portion size in mind. Calories may add up quickly when making a salad. Major contributors of unwanted calories are:
 - Salad dressings
 - Toppings such as croutons, dried fruit, crunchy noodles, and bacon bits
 - Cheese
 - Mixed salads containing mayo or oil
- Opt for lean, nutrient-rich items such as:
 - Dark green lettuces
 - Peppers, tomatoes, and broccoli
 - Fresh fruit
 - Lean proteins such as grilled chicken, turkey breast, tuna, or 1% cottage cheese
 - Beans, tofu, nuts, and seeds
- Choose fat-free or light salad dressing and put it on the side

