

Packing A Healthy Lunch for Work

Most people today find themselves extremely busy. If they are juggling a schedule between work and home, children and other responsibilities, the truth of the matter is, most often people neglect themselves regarding their eating habits. Eating nutritionally balanced does not have to become an issue regarding time nor does it have to be difficult. The following will give simple guidelines to aid a person in achieving at least one meal per day that can be nutritious namely lunch, the meal that most individuals order out during their work day, buy from a snack stand or simply skip all together.

To begin let us discuss the definition of a healthy lunch. From a very general perspective, a healthy lunch may simply be one that does not contain saturated fats, salt, sugar, and additionally processed foods. Examples of these kinds of foods can be found at any fast food restaurant in America and are the main reason for our growing waistlines. One can easily prepare a tasty and nutritious lunch meal each evening before their next workday that negates the aforementioned culprits for high cholesterol, elevated blood pressure, forms of metabolic disorders (such as adult onset diabetes) and obesity. The best foods to incorporate in one's diet for lunch can include flour less breads and tortilla's that contain no wheat gluten (gluten is the cause of many allergic reactions in the body), non-processed lunch meats that contain no nitrates and additional sodium, quality condiments such as grape seed oil mayonnaise, mustard, and low sodium catsup. Let us not forget nature's greatest snack that comes in its own wrapper that would be apples, banana's, oranges, plums, peaches and nectarines and dried fruit that has no sulfites added.

Try a delicious turkey sandwich with the recipe below, it is healthy and an easy lunch to prepare for work. All

ingredients can be found at the neighborhood health food store.

Two pieces of Ezekiel Bread
Three pieces of romaine lettuce from the heart of the head
¼ tomatos thinly sliced
One ring of a purple onion
One slice of an orange or red bell pepper
Two tsp of prepared mustard that is gluten free
One TBS grape seed oil mayonnaise by a company called Veggie-nase
Season to taste with any of the MRS. Dash line of salt free seasonings

Add one piece of fruit to this six minute sandwich (total preparation time) and the result is a quality, satisfying and nutrient dense lunch made especially for work and conveniently ready to eat at anytime during the work day.

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