

Make the Right CHOICE

Simple Changes for a healthier quick lunch

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When it comes to eating healthier, often all it takes is a few simple tweaks to your usual food choices. "Make the Right Choice" is about showing you simple changes

you can make when choosing your meals and snacks to boost nutrition and lose weight. This month we have some quick and healthy ideas for lunch when you're out and about.

INSTEAD OF...



A 6-inch meatball sub sandwich with provolone cheese
Nutrition information: 610 calories, 28 g of fat, 13 g of saturated fat, 28 g of protein, 1,735 mg of sodium, 63 g of carbohydrates, 7 g of fiber

CHOOSE



A 6-inch roast beef sub sandwich with provolone cheese, 1 cup of minestrone soup and an apple
Nutrition information: 484 calories, 10 g of fat, 4 g of saturated fat, 27 g of protein, 1,790 mg of sodium, 78 g of carbohydrates, 10 g of fiber

WHY

Meat lovers can still get their beef with this choice. Switching to the leaner roast beef cuts the heart-clogging saturated fat content by almost a day's worth. Plus the addition of a veggie-filled soup and some fruit boosts the heart-healthy fiber.

INSTEAD OF...



A fast-food large-size value meal with 5 pieces of breaded chicken with ranch sauce, French fries and a regular soda
Nutrition information: 1,660 calories, 79 g of fat, 15 g of saturated fat, 45 g of protein, 2,530 mg of sodium, 205 g of carbohydrates, 7 g of fiber

CHOOSE



A fast-food cheeseburger, small French fries, 8 ounces 1% low-fat milk and a peach from home
Nutrition information: 678 calories, 26 g of fat, 9.5 g of saturated fat, 26 g of protein, 1,005 mg of sodium, 86 g of carbohydrates, 5.5 g of fiber

WHY

Think chicken is always the best bet? Think again. Just five of these chicken pieces give you as much fat as almost three cheeseburgers! (The sodium content in this one meal is more than you should have in an entire day.) Go ahead and get your fry fix, just downsize a bit to save calories. And trade in the soda for a milk to get one-third of your calcium needs for the day. Healthy eating isn't always about giving up, it's about adding new foods and substituting others. This meal still has a lot of fat, saturated fat and sodium, but it's a far better choice and if you watch your intake for the rest of the day you will be fine.

Make the Right CHOICE

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INSTEAD OF...



One pepperoni personal pan pizza & a large regular soda
Nutrition information: 940 calories, 30 g of fat, 12 g of saturated fat, 27 g of protein, 1,440 mg of sodium, 144 g of carbohydrates, 4 g of fiber

CHOOSE



2 slices of thin crust pepperoni pizza with a medium diet soda with 10 baby carrots from home
Nutrition information: 455 calories, 20 g of fat, 9 g of saturated fat, 20 g of protein, 1,223 mg of sodium, 50 g of carbohydrates, 4 g of fiber

WHY

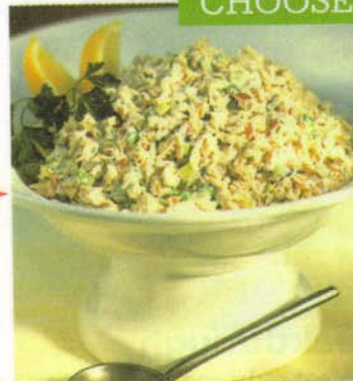
No one would argue pepperoni is a healthy food, but it's OK to have some once in a while. Skipping all the extra dough of a pan pizza cuts the calories almost in half. Adding baby carrots turns this pizza shop trip into a vitamin A packed lunch.

INSTEAD OF...



Half a cup of tuna salad prepared at a sandwich shop
Nutrition information: 260 calories, 19 g of fat, 3 g of saturated fat, 12 g of protein, 580 mg of sodium, 9 g of carbohydrates, 2 g of fiber

CHOOSE

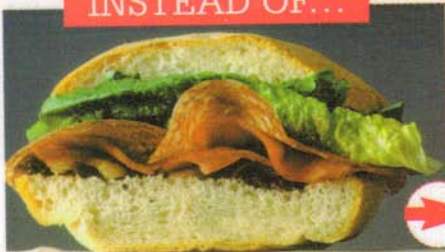


Half a 6-ounce can of drained, water-packed tuna mixed with 1 tablespoon of light mayonnaise and a quarter of a red pepper, chopped
Nutrition information: 157 calories, 6 g of fat, 1 g of saturated fat, 22 g of protein, 408 mg of sodium, 3 g of carbohydrates, 1 g of fiber

WHY

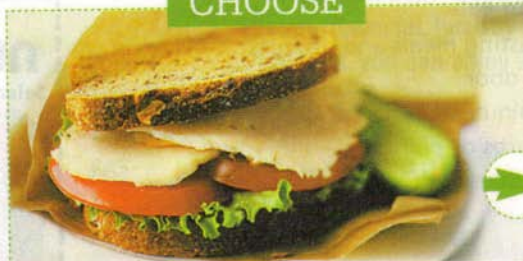
Take a few minutes the night before to mix this up and stick into an insulated bag to make your own "to go" meal. Keep some whole-wheat crackers in your desk or the car and you're all set. You'll end up with more tuna and less mayo — translation: more hunger-satisfying protein and less flab-building fat.

INSTEAD OF...



Two to three slices of salami (2 oz. total)
Nutrition information: 238 calories, 21 g of fat, 7 g of saturated fat, 12 g of protein, 1,058 mg of sodium, 1 g of carbohydrates, 0 g of fiber

CHOOSE



Two to three slices of turkey breast (2 oz. total) — any flavor — smoked, BBQ, lemon pepper, buffalo-style, Cajun, etc.
Nutrition information: 62 calories, 1 g of fat, 0 g of saturated fat, 13 g of protein, 793 mg of sodium, 1 g of carbohydrates, 0 g of fiber

WHY

This simple sandwich switch saves you the calories and fat of almost 2 tablespoons of butter. If you have a sandwich every day that would add up to more than a stick of butter every week or 13 lbs. of butter a year!