



**Useful nutrition tips from  
Natalie Greene, RD**

## Pack a Healthier Lunch

Choose low-fat or fat-free lunch meats and cheeses, or stick to lean meats such as chicken or turkey.

Make a sandwich or a pita stuffed with fresh vegetables, low-fat cheese, and a fat-free condiment such as mustard.

Try using all-natural or reduced-fat peanut butter.

Instead of chips, pack carrot sticks, celery or other crunchy veggies to go with your sandwich.

Use low-fat or fat-free mayonnaise when making chicken or tuna salad sandwiches.

"Leaner Lunch Choices=Smaller Waist"

**I love suggestions, so if you would like to submit a topic for a future tip, please email it to me.**

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