

# EatHealthy

**Acton Medical**  
ASSOCIATES  
Adult & Pediatric Primary Care  
*High Quality Care in Your Neighborhood*

## **Packed Lunch Nutrition Workshop**

*Please join us for this complimentary hands-on session for patients of all ages. Family members welcome.*

**September 21, 2019**

**10:30 - 11:30 a.m.**

**Acton Medical**

**Main Conference Room, Floor 3**

HOSTED BY

**Liz Berman**

*Registered Dietitian Nutritionist*

**Fall 2019**

# ★ Mix and Match Lunches ★

## 1 Main Entree

- Cheese and whole wheat crackers
- Cream cheese and veggie pin wheel
- Pizza tortilla roll up
- Hummus and whole wheat pita
- Deviled eggs and whole wheat crackers
- Fried rice with edamame and veggies
- Pasta salad with chicken and veggies
- Chili with beans and lean meat
- Whole wheat waffle with sun butter and jam
- Greek yogurt parfait with cereal and fruit
- Sandwich Thin "build your own" pizza
- Oatmeal fruit muffin
- Re-fried bean and cheese quesadilla
- Peanut butter and banana tortilla "sushi" (roll up and slice into rounds)
- Veggie, chicken, and cheese kabobs
- Low sodium deli meat and cheese wrapped around bread sticks

## 2 Fruit

Pick a food from each group!

- Apple (try freeze dried or apple sauce)
- Banana (or banana chips)
- Berries (Blackberry, Blueberry, Strawberry, Raspberry)
- Cherries
- Dried Fruit (Raisin, Date, Fig, Apricot, Craisins, Prune, etc.)
- Grapes
- Kiwifruit
- Mango
- Melon (Cantaloupe, Honeydew, Watermelon)
- Orange (Clementine, Mandarin, Tangerine)
- Papaya
- Peach or Nectarine
- Pear
- Plum
- Pineapple
- Pomegranate

## 3 Vegetable

- Broccoli
- Cauliflower
- Carrots (try baby carrots or shredded)
- Celery
- Cherry Tomatoes
- Cucumbers
- Fresh Salsa
- Green Beans
- Jicama
- Kohlrabi
- Pickles
- Peppers (try different colors)
- Salad
- Snap Peas
- Steamed mixed veggies
- Zucchini or summer squash

## 4 Snack/Treat

- Cheese Stick
- Cookie or baked good
- Dry Whole Grain Cereal
- Graham Crackers
- Guacamole or Hummus
- Low-fat Pudding
- Mini Muffin
- Mini Chocolate
- Popcorn
- Pretzels
- Rice rolls or rice cakes
- Roasted Chickpeas
- Roasted Edamame
- Tortilla Chips
- Teddy Grahams or Bunny Grahams
- Whole Grain Goldfish
- Yogurt (try Siggis, Oikos, or Fage)

## Tips:

- Use an ice pack to keep foods cold.
- Try "build your own" options, which keep foods fresher.
- Pack treat foods occasionally so that they don't become "forbidden fruits".
- Prep fruits, veggies, and other snacks ahead of time to avoid a stressful morning.
- Have a "snack station" in the fridge and pantry with pre-portioned healthy snacks.

# Packed Lunch Ideas

Need some inspiration to get you started?  
Check out these simple lunch ideas!

Sandwich Swap	Picking Plate	All Mixed Up	Breakfast for Lunch	Make Ahead
Veggie and cream cheese pinwheels (try 1/3 less fat veggie or chive and onion cream cheese) on whole wheat tortilla + grapes + popcorn	"Build-Your-Own Cracker Sandwiches" with whole wheat crackers, cheese slices, and ham or turkey + cucumber slices + 2 mini chocolates	Fried rice with brown rice, scrambled egg, edamame, cubed carrots, and low sodium soy sauce + watermelon slice	Whole wheat waffle sandwich with sun butter and jelly + applesauce + green beans	2 egg and veggie muffin cups + whole wheat pretzels + orange slices
Peanut butter and banana tortilla roll-up + sweet bell peppers and a Laughing Cow cheese	Small whole wheat pita wedges and snap peas with hummus + pumpkin seeds + cherries	Pasta salad with grilled chicken, spinach, and feta + low sugar yogurt (try Siggis yogurt tube) + pineapple slices	"Build-Your-Own Yogurt Parfait" with low sugar yogurt, granola (nut-free if necessary), and berries + snap peas with Bolthouse Greek yogurt ranch dressing	Chicken or tuna salad + whole wheat crackers + roasted broccoli with parmesan + fruit cup in 100% juice
"Inside Out Sandwich" with low sodium deli meat and low fat cheese wrapped around bread sticks + cherry tomatoes + baked apple slices	Deviled eggs + whole wheat crackers + bell pepper slices with tzatziki dip (found over by the hummus in the store)	Chili with 95% lean ground beef or turkey, beans, and peppers and onions + tortilla chips + shredded cheese + oatmeal chocolate chip cookie	Oatmeal blueberry muffins + celery and cream cheese + steamed edamame	Refried bean and cheese quesadilla + salsa mixed with plain Greek yogurt for dipping + fruit salad

# Cranberry Chicken Salad

## Salad

**Hands On** 15 minutes  
**Total Time** 15 minutes  
**Serves** 4

- 2 cups cooked grain or pasta (brown rice, barley, farro, quinoa, bulgar wheat, whole-wheat orzo)
- 2 cups rotisserie chicken, skin removed (substitute 1 block of tofu cubes if vegetarian)
- 1-2 stalks of celery, diced
- ½ apple, diced
- ½ cup grapes, halved
- ¼ cup dried cranberries
- ¼ cup slivered almonds
- 1/3 cup plain low-fat or fat-free Greek yogurt
- 2 tablespoons mayonnaise
- 1 tablespoon freshly squeezed lemon juice
- ¼ teaspoon nutmeg
- ¼ teaspoon cayenne pepper
- Salt and pepper to taste

- 1. CHOP** chicken into ½-inch cubes.
- 2. COMBINE** all ingredients in a mixing bowl.
- 3. SERVE** with whole-wheat crackers, whole wheat bread, or lettuce boats made out of Boston lettuce leaves.

### Kitchen Tools for Salads

- Cutting board
- Sharp knife (adult needed)
- Measuring cup
- Large bowl
- Mixing spoon

# Build-Your-Own Grain Salad

**Hands On** 30 minutes  
**Total Time** 30 minutes  
**Serves** 5

- 2 cups cooked grain or pasta (brown rice, barley, farro, quinoa, bulgar wheat, whole-wheat orzo)
- 1/4 cup dressing (herby vinaigrette or your favorite vinaigrette or a mix of oil and vinegar) or any herb pesto
- 2 cups vegetables (any combination of diced tomatoes, cucumbers, or zucchini, or green beans, corn, peas, or canned peas)
- 1/2 cup protein (diced mozzarella, cheddar, or monterey jack cheese, or leftover diced cooked chicken, meat, fish, or tofu)
- 1 cup coarsely chopped fresh herbs (basil, mint, parsley, chives, cilantro, or a combination)
- 1/4 cup lightly toasted seeds or nuts
- 1/4 cup dried fruit (raisins, currants, or cherries or chopped dried apricots, prunes, dates, or figs)

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.

- 1. PUT** all the ingredients in the bowl and stir to combine. Taste and add more dressing or a pinch of salt if the flavor needs a boost.
- 2. SERVE** right away, or cover and refrigerate up to 2 days.

from [www.chopchopfamily.org](http://www.chopchopfamily.org)

## Quick Lunch Kabobs

- Plastic or wooden skewers (avoid sharp points for young kids)
- Bite sized vegetables (try cherry tomatoes, cubed bell pepper, cucumber, celery, broccoli, cauliflower)
- Bite sized cheese (cheddar cheese cubes, sliced string cheese, or mini mozzarella balls)
- Optional grilled chicken or nitrate-free deli meat

- 1. WASH** your hands
- 2. SET** cut up vegetables and cheese in bowls or Tupperware
- 3. TAKE** a skewer and push a piece of cheese down to the bottom, leaving at least 1-2 inches empty as a handle
- 4. ADD** 2-4 pieces of vegetables, then another piece of cheese
- 5. REPEAT** this pattern until your stick is full
- 6. TRY** plain or served with dips like hummus, guacamole, tzatziki, or home made Greek yogurt dip.

*Tip: you can wash and chop your veggies up to 2 days in advance!*

*Kabobs are a great way to give kids a fun way to eat healthy. Check out [Cookingmatters.org](http://Cookingmatters.org) for more ideas on cooking healthy meals together.*



## Pro Tip: WHY EAT WRAPS?

“Wraps are great for people on the go. If you’re always running at full steam or eat at your workstation, high fiber wraps are well-behaved and won’t cause a mess. Plus you can’t beat the amount of nutrients packed into this quick and easy lunch.”

—Liz Berman  
Registered Dietitian Nutritionist  
Acton Medical Associates

### Kitchen Tools

- Cutting board
- Sharp knife (adult needed)
- Butter knife
- Medium bowl
- Box grater (if shredding your own vegetables)



## Rainbow Veggie Pinwheels

**Hands On** 10 minutes  
**Total Time** 10 minutes  
**Serves** 2

- 2 Joseph’s Flax, Oat Bran & Whole Wheat Square Lavash (or other rectangular high fiber wrap)
- 3-4 tablespoons low fat flavored cream cheese (such as Philadelphia 1/3 less fat garden vegetable)
- 1-3 handfuls of shredded vegetables (try bagged broccoli slaw or coleslaw or shred your own)

- 1. WASH** your hands with soap and water. Gather all your equipment and ingredients on a counter
- 2. LAY OUT** out 1 wrap horizontally on a cutting board
- 3. SPREAD** cream cheese evenly over the wrap, making sure to get it all the way to the edges
- 4. ADD** veggies to the wrap, leaving 1 inch at the top edge

- with the cream cheese exposed
- 5. TIGHTLY ROLL** the wrap from the bottom edge to the top
- 6. WITH** a sharp knife slice across the roll to make two smaller rolls.
- 7. SLICE** each of these into 6-8 small pinwheels.

# Acton Medical *EatHealthy*

Acton Medical Associates is committed to providing convenient access to high quality care in a friendly, compassionate and respectful manner for patients of all ages.

Striving for outstanding health services, our complementary Nutrition Workshops are held four times a year to help patients and their families lead healthy and happy lifestyles.

[www.actonmedical.com](http://www.actonmedical.com)



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