



## ***Responses to Gwen's Question***

***Response from Irene:*** I am always on the go, I use a fat free tortilla with some smoked turkey or ham and veggies. It is low cal and very tasty.

***Response from Laura:*** Make baggies of veggies and fruits that you can snack on. As a breakfast I'd take yogurt and a granola bar. Another idea is snack size jello and pudding. A lunch idea is tortilla sandwich wraps - you make a variety of kinds with different meats and different things to put in it. You can also make salads ahead of time and can also make different kinds so you don't get bored of the same kind over and over. I always put my mayo on the side when I prepare it and then when I go to eat it I add the mayo and sliced tomatoes so it doesn't get soggy. I hope these ideas help!

***Response from Wade:*** I make a big pot of soup on winter weekends (low fat, usually) and freeze individual portions for lunches. Hummus can be made ahead and makes an excellent high protein snack or lunch.

I like to cut up the veggies and bag them ahead of time, though often I just do it in the morning. It doesn't take as long as you think. Also, I find the full-size carrots much more flavorful than the little ones.

You can buy low-fat brands of chili that make good lunches.

And I like to make homemade bean burritos with low-fat refried beans, onions, salsa and a little cheese on whole wheat tortillas.

I like high fiber bars for a good sweet snack. Also, a small bag of an ounce or two of raw almonds or walnuts is a good mid-morning snack when you want more than carrot sticks.

I'm not very good at this, but home cooked meat is healthier and cheaper and better than lunchmeat. Cook a beef roast, or a chicken and slice it for sandwiches.

As far as eating out, we have a few little places up north called the Pita Pit that have excellent, relatively healthy Pita sandwiches. I don't know if they are available all over or not. I think you can do healthy things at Subway.

Hope that helps.

***Response from David:*** I have been in the same situation from time to time. As an alternative, I suggest two other sandwiches that can be prepared with minimal effort and good nutritional benefits. Cucumber sandwiches are great year round and have no fat and low sodium, but a little light Mayo and a pinch of salt and pepper do wonders. Alternatively, a sardine sandwich is also good, packed with Omega fatty acids and protein. You can get a can of boneless/skinless sardines for under \$1.50. Bone-in sardines will give you extra calcium, though. These are good with a slice of onion if you want. I eat them a lot.



**Response from Janis:** When I'm working on the go, I pack a lunch box size cooler with fruits, veggies and string cheese and add an ice block to keep them cool. I also consider the Fiber One granola bars to be manna from heaven. 140 calories, 3.5 g fat and 9 g fiber.

**Response from Jackie:**

Hi Gwen,

I read your letter and I too struggle with that stuff. Here's an idea.

I love McDonald's sausage burritos and I usually eat 2. Each has 7 pts so a total of 14 pts and I am allotted 31 points to eat. So, there goes 1/2 my points. This alternative really works.

3 Egg whites scrambles with any vegetable you want. I love mushrooms, onion and bell peppers and then roll it in a (dunford bakeries tortilla) and 1 oz of cheddar cheese and you have a 2 pt much more satisfying burrito and you can take it on the go! Salsa is Zero points also. I am still not the best at watching Salt intake.

Hope you like the recipe.

Kind regards,

Jackie

**Response from Lisa:** I buy rotisserie chicken from Costco, comes in bulk in the meat dept. I take 3 oz of chicken, and mix with either a romaine lettuce, a tomato, and cucumber, or I will do spinach, with a tomato and then some strawberries, apple or some type of fruit, you can do veggies as a snack during the day. You can take this with you, and keep in a thermal bag during the day with frozen bottle of water to keep it cold. This is simple to make the night before and low in calories.  
Good luck.

**Response from Deborah:** Take to work various items and have them on hand - like Crackers, packs of tuna – salmon, olive oil, apples, various fruits or veggies. The stores have those individual serving sizes of fruits. The individual cheese sticks are a good snack or even part of your lunch. Buy little cans of V-8 juice. Yogurt, I wash my water bottles after use them; I will put milk or juice in them to take to work. (I throw them away after that as it's not good to reuse them)

Keep a box of cereal at your desk you can eat it plain or pour some of the milk you brought from home in it. There are some cold cereals that are healthy

Cook a Roast and save some for sandwiches, I like Roast on plain bread or with mustard.

Cook some chicken breasts and cut some up put in a baggie and take to work to just put on some lettuce with whatever else you want.



Buy some small packs of Tuna or Salmon you can eat that on crackers, or have a baggie with some lettuce in it and squeeze some lemon juice and olive oil on the Salmon and lettuce. (I did have some olive oil and lemon mixed in a container in our fridge at work).

For protein you can keep cans of little packs of Almonds - peanuts at your desk.

**Response from Cathy:** Gwen, I'm in the same situation – I don't always have access to a microwave for lunch. And I want my lunch to be low fat/calories/sodium so I can enjoy more latitude at dinnertime.

Here are some things I do: buy bulk low fat vanilla yogurt, scoop into a lunch size container and add frozen berries; buy bulk cottage cheese, scoop into a lunch size container and eat scooped onto Ritz crackers; buy sandwich size pitas (they're new and I love them – low carbs, etc.) and add whatever sandwich filling I have on hand – even just Swiss cheese, spinach leaves, low fat mayo and honey mustard.

Then I bag up one fruit and one veggie serving – it makes for a pretty good lunch. It's not exciting, but I'll save exciting for dinner.

I subscribe to [Eat This, Not That \[MHNews@rodalenews.com\]](mailto:MHNews@rodalenews.com) and receive an email almost daily educating me on fast foods. It's been an eye opener. You may want to check into a subscription. Here's one of the articles from this morning's email: [http://eatthis.menshealth.com/content/worst-salads-america-2009?cm\\_mmc=ETNTNL-2009\\_12\\_08-HTML-moreon4](http://eatthis.menshealth.com/content/worst-salads-america-2009?cm_mmc=ETNTNL-2009_12_08-HTML-moreon4)

Hope that helps.

**Response from Sharla:**

I have the exact same issue! What I have been doing so far is basically having the same thing every day!

Here is an example of what I've come up with;

Vegetables = Baby carrots, small can of V8

Protein= string cheese, yogurt

Grains = 2 slices Whole wheat with PB&J (We sometimes have tuna, or cheese sandwiches depending on time)

Fruit=Orange, apple, banana, or whatever fruit I have to grab.

Snack= Granola bar

I only take 5 minutes each morning to throw this together for my husband and myself. It sure is a money saver! BUT...It would be nice to have more variety! Hope to hear more time saving ideas!

**Response from Susan:** When I have the money I like to buy carrots and cauliflower, cucumbers, etc. Then I wash and cut and bag them all. Then I put salad greens in little bowls. Put dressing in a little dish of its own and then when I leave for work in the morning I just grab bowls and bags and I'm good to go.

**Response from Angela:** Hi there~ I have been watching Dr. Oz for the last few months. He has such great ideas about eating healthy. Also Zanya on PBS has great ideas. You can Google these shows.



since it's recommended that we need 5 fruits & veggies, this is what I now (for the last 3 months) do for me and my kids: banana, baby carrots, Kellogg's Fiber Crackers, wheat thins w/Adam's crunch peanut butter, Fat Free Vanilla yogurt with frozen blue berries, string cheese, walnuts, pistachios, apples, oranges, celery, prunes/cherry flavored prunes, raisins, avocado slices, hard boiled eggs,

air popped pop corn. tortilla chips. pretzels. rice cakes. graham crackers. are just some things we use when we need that crunch!

hope I've given some useful suggestions. =)

**Response from Kresta:** I am on the go a lot as well, with a full time job, a family, and a full load of college classes. Every Sunday I make a week's worth of wraps to use for lunch or dinner during the week. I use wheat or multi-grain tortillas, shredded chicken breast (I cook several breasts in the crockpot in salsa, then keep the shredded meat on hand for wraps), low-fat garden vegetable cream cheese, and a bag of coleslaw-mix lettuce. If mushrooms or cucumbers are available that week, I'll add those as well. A wrap with a banana or apple constitute the majority of my lunches during the week!

**Response from Steven:**

Gwen (via Melanie Gibson),

I'm sending you this upon your request through Melanie Gibson of Healthy Utah.

I always eat a lunch that I put together the night before. It doesn't need microwaving and it is nutritious (I'm an adjunct professor in nutrition at SLCC). Here are some of the items I eat. But before I list them let me just suggest that you put together one day's food that you would typically eat and submit it to Melanie and ask her to analyze it with her dietary analysis program that all the Registered Dieticians would use for their clients. She would give you an analysis from which you can see where you are falling short per the USDA 2005 Guidelines and the National Academy of Sciences RDI standards. Then you can simply substitute more healthy food that you would eat and voila-- you'll have a healthier diet with food that you would eat. With Melanie's services you would be able to "sculpture" your diet a little.

Enough of that-- here are some nutritiously yummy--my opinion--foods I routinely put in my lunch box--

lightly-salted mixed nuts coupled with dried date (or raisins)

yogurt mix-- 50% plain low fat yogurt + 50% nonfat vanilla yogurt (this provides yogurt generally lower in both fat and sugar than what is typically available in the store. Buy big containers and mix them yourself.

Lots of fruits and vegetables. One of my favorite is mixing frozen peas with frozen blueberries. You can have an extra big portion and get one serving of fruit and one serving of vegetable together. (Also, it helps with eating peas if they are not your favorite).



Salmon "spread". Salmon is a good source for omega-3 fatty acids and calcium (among many other nutrients). Make your own "tarter sauce" by taking a can of salmon and adding to it some of Kraft's new olive oil mayonnaise, lemon juice and relish. Use this as a spread on whole-wheat bread.

Lastly, get a good supply of Tupperware to put the above items in instead of using plastic bags and lessen the load on the landfill. Use these Tupperware containers for putting your dinner leftovers in. My wife appreciates that I do a good job of eating dinner leftovers for my lunch.

Perhaps some of this has been helpful.

Good luck.

Regards,

Steven

Utah Department of Agriculture and Food

**Response from Diane:** Sunday I roast skinless chicken breast (about five or six) I cube this meat and divide into five equal parts. Three green salads are made from lettuce, spinach, cabbage, carrots, and tomatoes. Equally divided into plastic containers, I pack all on a shelf in the frig just like you would find it at your local Market. Open the frig --grab and load you lunch bag each morning..... add meat, cheese, and salad dressing during lunch time. Always keep Boiled eggs, apples, oranges and grapefruit to grab. I also make a hearty vegetable soup and divide into containers to heat later. It is just like fast food, but it is your fast food, made with the right amounts of salt-sugar-you can add what you like and need in your diet....Take control by preparing ahead of time, before your work week gets hectic....Works for me!!!

**Response from Carol:** One of my favorite things to eat is low fat cottage cheese mixed with mild chunky picante salsa. Fruit is also easy to carry and I like the small cans or tear open bags of tuna or salmon. Another thing that works for me is hummus with a few whole wheat pita wedges sometimes I use laughing cow cheese instead of hummus. I also will carry some almonds or other raw nuts and eat them with some fruit. Another thing I like to do is cut up or buy fresh veggies like carrots, pepper strips, jimaca, cherry tomatoes and either eat them alone, or with laughing cow low fat cheese (individually wrapped) or hummus that you can purchase in single serving packs. My daughter like to use low fat turkey deli meat or chicken (Boars head has some very healthy ones) then and spread a multigrain sandwich bun (these are new made by Oro wheat and have about 80 calories) with low fat laughing cow cheese spread (35 calories). These sandwiches are easy to make and transport (pack veggies separately) and can be made days ahead and still taste great. Hope this helps.

**Response from Chris:** Lately I have had many of the same thoughts as you. I am watching a large audience of individuals around me use the HCG method for the purpose of losing weight and supposedly getting rid of unwanted fat. I am opting not to take that route but would like some of the same results and as I age seem to have more concern for my well being. My one friend always has an apple with her. She eats it when others around her are eating tempting foods. I always carry an apple in my bag now. I also have started keeping a small supple of raw almonds and various other snacks with a greater nutrition value in my bag for when I get carvings or are in between meals and have the desire to stop at the fast food spots along my travel path. This is helping my budget as well as my eating habits. I bring



regular oatmeal and cook it in the microwave at my office almost as easily as eating the prepared oatmeal packets. The cost is much less. I find that it takes a lot more initiative and creativity but once I shop and get items in my kitchen and bagged up to bring with me each day I do a lot better. There is also a grocery store within a short walking distance from my office. I will often take a 15 minute break or take my lunch and walk to the store and purchase fresh fruit, etc. This gets me some exercise as well as getting something to eat that isn't fast food.

Hopefully if you get some great ideas, maybe you will be willing to share so we can all improve.

***Response from Claudia:***

Gwen,

I feel your pain. There is not a lot you can grab and eat. I find if I take something with me, I do better.

I love this combo. Mix. 1 C. Corn (I use frozen that I thaw under warm water)  
1/2 C. Black Beans  
1/2 C. Salsa

Then I count out 15 Tostito Chips and use them to scoop the mix. It is very filling, and can be made and packaged the night before.

Also the Oro Wheat Thin Sandwich Buns make really good sandwiches. With a little baked turkey meat and lots of veggies.

Fruit is always a good option. I take premeasured bags of grapes with me.

I also love a whole can of green beans, with onion cut up in it, and cover with balsamic vinegar with 2tsp. oil. Cold, but delish! Put these in a glad bowl or Tupperware bowl and you can take them anywhere.

Good Luck,  
Claudia

***Response from Margaret:***

I, too, recently had major surgery and am now required to do physical therapy during my lunch hour each day - which actually is very beneficial.

During my recovery from surgery, I had more time to read some magazines. I honestly have found some wonderful tips (including fast food suggestions that are reasonably low in calories, fat, etc.) in *Women's World* and *Woman's Day*. *Women's World* even had a fast food diet where a person was eating 3 meals a day from fast food establishments and lost weight. They proved it can be done. I believe it was in one of their weekly November issues. I'll see if I can find it so I can refer it to you directly. Or you could probably find this information on their website.



I telecommute, so I don't have to worry, myself, about fast food choices. But my husband has to drive 30 miles one-way to work. We often pack nutritious and healthy low-fat soups for him in a thermos. They are still hot when he eats his lunch. If we add an apple or some other piece of fruit and just a few reduced fat, whole grain crackers, he has a healthy lunch.

Good luck and I love sharing ideas!

Sincerely,  
Margaret

**Response from Charlotte:** Keep it raw and natural. Munch broccoli, cauliflower, carrots, zucchini, nuts & seeds. & bring a variety of fruit. Graze all day and it will keep you on track. I had a friend who would fill a gallon size ziplock bag for the day and nibble as she wanted. She was a good example for me and she was a dancer. Find time to move along with your munching and things will manage themselves

**Response from Gwen:** Also, many of these ideas mention tortillas and I LOVE the Mission Carb Balance tortillas because they are high fiber! I can get my fiber intake by following these ideas!

**Response from Julienne:** I have found if I bake 4 large boneless chicken breasts on the Weekend I can just cut them up in pieces put them in a sandwich or snack bag (ziplock) and just eat them instead. It is good protein and does help with hunger pains. Also Nabisco makes a wheat thin new brand called "Fiber Select". I like the Garden Vegetable variety and you can eat 15 crackers 120 Calories there is 260 mg sodium - since I don't get a lot it has not been a problem. They taste good with the chicken and at the end I am full. Just some carrot, celery, broccoli and cauliflower in a bag works. I make these up for the week Sunday night and in the morning just throw them in my lunch box and sometime add fruit. Grapes or anything can be divided and will keep for a week in a bag. Hope this helps.

I bake the chicken for an hour uncovered 325 and when it comes out of the oven immediately cover with tin foil until it cools. They do not dry out with this method. I like to just use the lemon pepper seasoning.