

Bavaria Healthy Lunch Guide

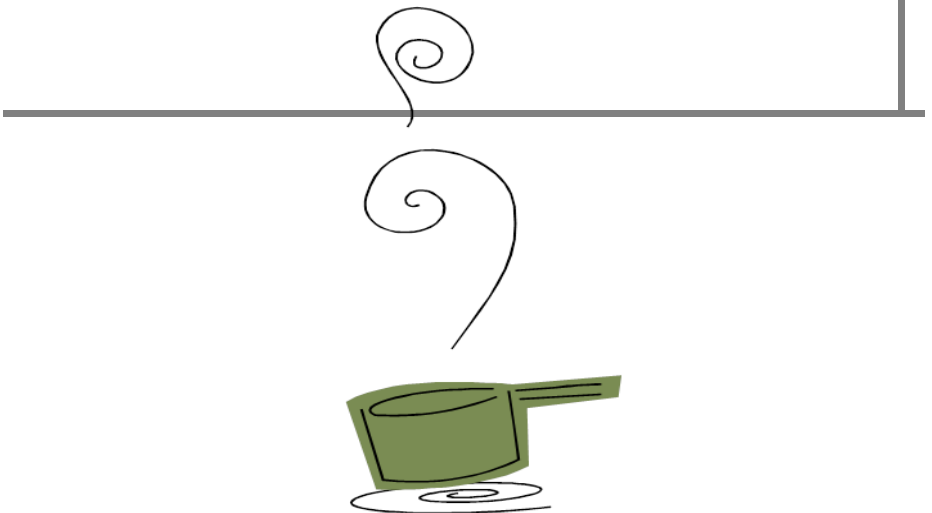
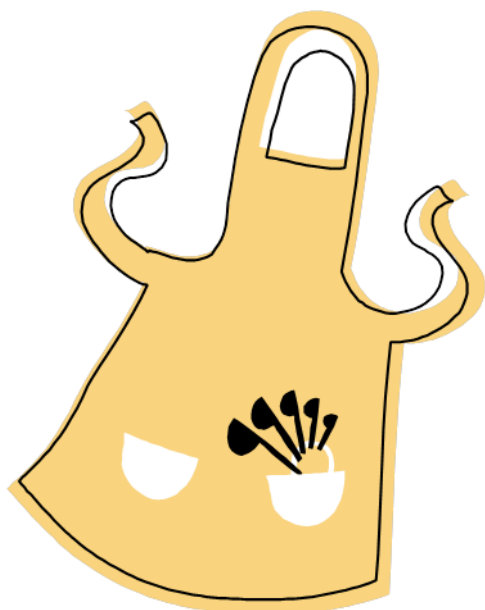


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INTRODUCTION

While there are many lunch options on USAG Bavaria installations, the decision to pick a healthier option can be somewhat challenging.

To help you along this process, MEDDAC Bavaria Nutrition Services and Preventive Medicine have put together this guide to the different lunch options available. Whether it's shopping at the Commissary or eating at the Food Court, there is always the opportunity to make your lunch a little bit healthier. Most of these principles can even be used at the dinner meal too!

Congratulations on your decision to begin the journey to good health. We hope you enjoy this guide!



The MyPlate Method

Did you grow up learning the Food Guide Pyramid? Well, times have changed. Now, we look at our food intake on a by-meal basis instead of looking at it for the whole day. It makes planning meals (and feeding children) much easier. This is known as the MyPlate method. Here are the steps:

Step 1:

Start with an 8 to 9-inch plate, not the large ones that come in a dishware set. Eight inches would be more like a salad size plate.

Step 2:

Divide the plate into 4 quarters. See the picture on the right. Your two biggest quarters are vegetables and grains, whereas the protein and fruit are smaller.

Step 3:

Have an optional dairy circle off to the side. Dairy is important because it is a great source of calcium, which is needed for strong bones and teeth. If you are intolerant, allergic, or just choose not to consume dairy products, make sure you get calcium from other sources, such as dark green vegetables, tofu, almonds, or fortified orange juice and non-dairy milks.

**For more information and tips on balanced eating, visit ChooseMyPlate.gov*

Step 4:

Fill it in!

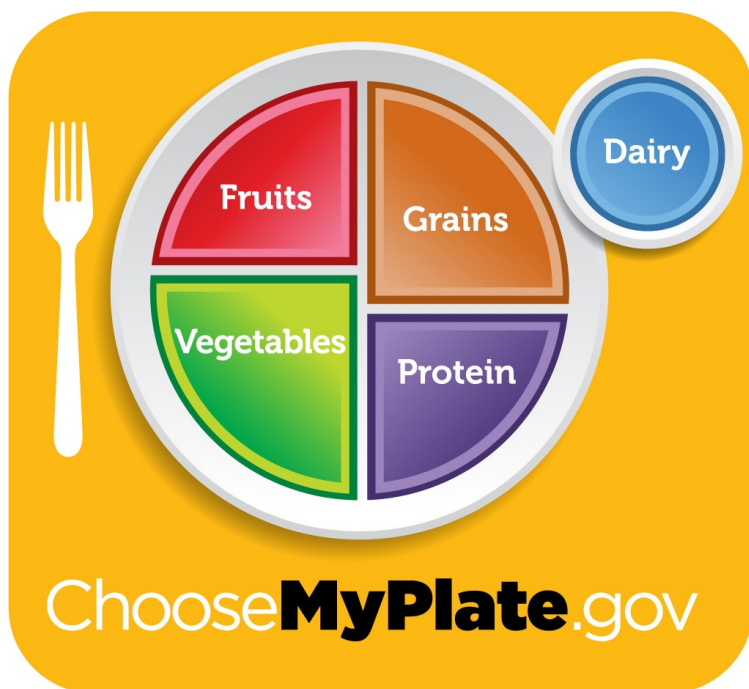
Fruit: one serving is about 1 cup chopped fruit, 1/4 cup dried fruit, or 1/2 cup fruit juice

Vegetables: vary your veggies. Choose different colors and varieties. One serving is 1 cup raw or 1/2 cup cooked.

Protein: this can be plant or animal proteins. Choose lean more often, chicken and fish are lower in fat than beef and pork. If eating red meat, choose leaner cuts. A serving of protein is 3 oz or about the size of a deck of cards.

Grains: make at least half your grains whole grains, like brown rice, whole wheat bread, and quinoa. Remember, starchy vegetables, like potatoes, peas, corn, and winter squash go in this category. A serving size is 1/2 cup (after it's cooked).

Dairy: choose low-fat milk or yogurt. A serving size is 1 cup milk or 6 ounces of yogurt.



*United States Department of Agriculture

Eating Healthy at the Dining Facilities

If you are a meal card holder, it is more cost efficient for you to eat at the Dining Facility (DFAC). You would have to spend extra money to go out for lunch or to buy groceries in order to pack a lunch.

Despite popular belief, you CAN EAT HEALTHY at a DFAC. Most DFACs will have a salad or performance bar that is open at every meal, filled with fresh fruits, vegetables, nut mixes, peanut butter, and cottage cheese.

Remember the MyPlate (see page 5) when eating at the DFAC. There will always be sources of fruits, vegetables, lean protein, whole grains, and dairy.

I LOVE eating at the DFAC because I can have all the food groups represented on the plate.





Healthful Tips:

- Choose low-fat dressings at the salad bar, like Italian vinaigrette, oil and vinegar, or low-fat French.
- Stick with water for beverage, most DFAC will have the flavored water, similar to Crystal Light with minimal calories.
- Aim for chicken and fish more often than beef or pork. Lower in fat, but watch out for proteins cooked in cream sauces!
- Use the stoplight system! **Green** coded foods are healthier choices, whereas **Red** coded foods should be eaten less often.
- For more tips, see the "Additional DFAC Tips" section at the back of this book.

Healthy Lunchbox Ideas

For those that like to pack a lunch for work or for a day out, this section is great for both your wallet and your waistline.

This guide contains 20 lunches, for one month's worth of 5-day work week meals. Each meal is between 350-600 calories. Calories and prices are estimates based on brand name, type of product, and season.

Tips to live by:

- If you follow a vegetarian diet, replace the animal proteins with plant proteins such as 1 cup beans, $\frac{1}{2}$ cup tofu, $\frac{1}{4}$ cup nuts, or 2 tablespoons peanut butter.
- If you need more or less calories than what's listed, just change up the portion size of the fruit, protein, or starch.
- Remember the MyPlate method. When planning meals, aim for $\frac{1}{2}$ plate fruits and vegetables, $\frac{1}{4}$ plate starch, and $\frac{1}{4}$ plate protein, with optional milk or yogurt cup on the side.
- Eat the same lunch every day in the week to be the most cost-effective and make the best use of your resources. Pick 1 or 2 lunch options, then eat that all this week, and pick a different option for the next week. This way, you can just grocery shop for one lunch menu at a time.
- Don't try and buy multiple fruits and vegetables per week if you're not going to eat them all. Pick 1-2 fruits and 1-2 vegetables to buy for the week and use that in your lunches, then pick different fruits and vegetables for the next week. For example, you can buy blueberries when they're on sale, eat them for a week, then buy a different fruit the next week.
- Did you know? The Commissary has a lot of products you may have missed.....in the freezer section! Like ground turkey, fish filets, unbaked dinner rolls, and pita pockets.

Day 1

Sandwich and Sides

2 slices whole wheat sandwich bread
3-4 thin slices of your choice of deli meat: turkey,
ham, chicken, or roast beef
1 slice of your favorite cheese
1 cup baby carrots plus 2 tablespoons hummus
1 cup pre-chopped fruit
Total calories: 420
Total cost per meal: \$2.67

- This meal would be even cheaper if you bought whole carrots and fruit and chopped them yourself
- Top that sandwich with low calorie veggies and spreads like lettuce, tomato, and mustard!
- Turkey or chicken is lower in saturated fat than ham or beef



Day 2

Taco Salad

2 cups salad greens

½ cup black beans

1/3 cup brown rice (after it's cooked)

3 ounces ground chicken, turkey or beef

¼ medium avocado

1 orange

One 6-inch flour or corn tortilla

¼ cup favorite salsa

Total calories: 500

Total cost per meal: \$2.06

- Don't like oranges? Replace it with another fruit of the same size. A serving of fruit is about the size of a tennis ball.
- Choose corn tortilla for a serving of a whole grain.

Day 3

Stuffed Pita

One 6" pita pocket

3-4 thin slices of your choice of deli meat: turkey,
ham, chicken, or roast beef

Lettuce, tomato, peppers, or cucumbers

1 teaspoon mayonnaise

1 slice favorite cheese

17 baked chips

Total calories: 530

Total cost per meal: \$1.74

- Don't like mayonnaise, use Greek yogurt or mustard instead for lower-fat alternatives
- You can fill up on a lot of non-starchy veggies before busting your calories, so pile on the tomatoes, broccoli, cucumbers, celery, lettuce, radishes, peppers, onions, or spinach.

Day 4

Time for Tuna!

Tuna and cracker pack (Bumble Bee or Starkist)

1 cup chopped veggies, like broccoli, carrots, or celery
or a mixture of all three!

1 small pear

10-15 tortilla chips

Total calories: 475

Total cost per meal: \$2.66

- Tuna packs may come in different flavors such as Spicy Thai or Lemon Pepper. Use these instead of mayonnaise for a lower-fat flavoring option.

Day 5

Bean Salad

1 cup of your favorite whole beans: black, kidney,
garbanzo, or white

Mix in veggies of your choice such as tomatoes,
carrots, onion, radishes and add cilantro for that
extra flavor

2 tablespoons vinaigrette dressing

¼ cup salsa (optional)

1 small banana (or half a large banana)

1 yogurt cup of choice for dessert

Total calories: 400

Total cost: \$1.95

- Greek yogurt is a great source of protein and can also be used as a healthier substitute for sour cream.
- Rinse canned beans to remove excess sodium or buy lower sodium/no salt added canned beans.
- Salsa is a great, low-calorie flavor enhancer.

Day 6

Chicken Caesar Salad

3-4 cups chopped romaine lettuce

3 ounces boneless skinless chicken breast (about half of a normal chicken breast)

2 tablespoons Caesar dressing

½ cup croutons

1 tablespoon grated parmesan cheese

1 individual microwaveable soup container

Total calories: 580

Total cost: \$3.32 (with \$1.99 coming from soup)

- Skinless poultry is lower in fat.
- Broth based-soups are lower in calories than cream-based soups.
- You can use a reduced-fat Caesar dressing instead of regular Caesar to cut back on calories.

Day 7

Leftover Taco

One 8-inch whole wheat tortilla

½ cup diced tomatoes

4 ounces taco meat (beef, pork, or poultry)

½ cup mixed vegetables for the side

Individual pudding pack

Total calories: 490

Total cost: \$1.74

- Pudding? Yes, you can have pudding. All foods fit in the diet in moderation.
- Stuck on veggie ideas? The commissary has frozen steamer bags that are lightly sauced or seasoned and make about 4 servings. Heat up a bag for dinner, then take the leftovers for lunch the next day.

Day 8

Protein on the Go!

Protein pack (can get at Commissary or make your own), usually consists of 3 food items such as cheese cubes, nuts, meat and maybe dried fruit

Balance it out with the missing food groups: veggie, starch, or dairy

1 individual yogurt cup

10 Ritz crackers

Total calories: 410

Total cost: \$2.00

- Oscar Meyer makes a P3 pack or Sargento makes Balanced Break packs. You can always buy the individual ingredients separately and make your own protein packs for a budget-friendly alternative.
- Your body can only process so much protein in one meal, so loading up on too much protein is not good. Stick with 20-35 grams in one meal and make sure to always balance with carbohydrate sources such as fruit, dairy, or starch.



Day 9

Breakfast food for Lunch? Of Course!

1 cup dry cereal

½ cup cow's milk or soy milk

2 hardboiled eggs

1 medium apple with 1 tablespoon peanut butter

Total calories: 460 (360 without peanut butter)

Total cost: \$1.18

- Choose a day where you can prep food, cook a half to a dozen eggs and eat for the week.
- Cow's milk and soy milk both have protein. Almond milk, cashew milk, or rice milk are not good sources of protein. There is a 'high protein almond milk', but it may be hard to find. Yes, it is safe for both men and women to have soy milk.



Day 10

Leftover Spaghetti

1 cup pasta (after it's cooked)

1/3 cup favorite tomato sauce

Two 1 ounce-sized meatballs (about the size of a golf ball)

1/6 loaf frozen garlic bread

2 cups salad greens

1 tablespoon favorite salad dressing

Total calories: 600

Total cost: \$1.42

- Whole wheat pasta is higher in fiber and nutrients. Look for the term 'whole' in the first ingredient to know for sure that it's a whole grain.

Day 11

Frozen Meal (for the days you didn't have time to plan)

Frozen meal of your choice

For this example, we'll use Healthy Choice Grilled

Chicken Marsala Café Steamer which comes with chicken, mushrooms, green beans, and potatoes

Add 1-2 sides, whatever food groups are missing from the meal, usually a fruit or a dairy

1 cup strawberries

1 individual yogurt cup

Total calories: 350

Total cost: \$3.47

- When choosing a frozen meal, they can range from 150-500 calories or more. If it's less than 300, there is room to add one more food group to make it a complete meal. If it's more than 400 calories, chances are it is higher in fat (such as those made with cheese or cream sauces).

Day 12

BLT Bread Salad

2 cups romaine lettuce (or green or red leaf lettuce)

½ cup croutons

3 tablespoons bacon bits

1/3 cup cherry or plum tomatoes

2 tablespoons (or ½ ounce) crumbled feta cheese

½ cup chopped cooked chicken breast

2 tablespoons vinaigrette dressing

Total calories: 470

Total cost: \$2.10

- A head of lettuce is cheaper than bagged salad. It takes a little extra prep work, but the cost definitely pays off.
- Choose corn tortilla for a serving of a whole grain.
- Salsa is a great, low-calorie flavor enhancer.

Day 13

Chicken Salad Sandwich

2 slices whole grain bread

Filling: mix together ½ cup chopped chicken breast, 1 tbsp chopped almonds, ½ green onion chopped, 1 tbsp lowfat yogurt, 1 tbsp light mayonnaise, 1/8 tsp dried rosemary, ¼ tsp Dijon mustard, sprinkle of salt and pepper

1 cup cubed melon

Total calories: 500

Total cost: \$1.75

- Melon not in season? Substitute with 1 cup of your favorite chopped fruit or a tennis ball size of a whole fruit.
- The Commissary will have pre-chopped fruit, but it may be more expensive than buying the whole fruit and chopping it yourself.

Day 14

Barley and Beef Soup (makes 6 lunch servings, 1 serving is 2 cups)

Ingredients:

2 cups chopped onion (about 1 large)
1 pound chuck steak, cut into ½ inch cubes (trim the fat)
1.5 cups chopped carrots (about 4)
1 cup chopped celery (about 4)
5 garlic cloves, minced
1 cup uncooked pearly barley
5 cups fat free, lower sodium beef broth
2 cups water
½ cup no-salt-added tomato puree
½ teaspoon salt
¼ teaspoon pepper
2 bay leaves



Instructions:

Heat a large pot over medium
Coat with cooking spray
Add onion and beef to pan, cook 10 minutes or until browned
Add carrots and celery, cook 5 minutes
Stir in garlic and cook for 30 seconds
Stir in barley and remaining ingredients and bring to a boil
Cover, reduce heat, and simmer 40 minutes
Discard bay leaves

Add a fruit or yogurt on the side

Total calories: 400

Cost per recipe: \$9.95

Cost per serving: \$1.66

- Find pearled barley in the soup aisle next to the broth. If it's 'quick cooking' barley, it will not take as long to simmer and cook.

Day 15

PB&J, just like the good old days!

2 slices whole wheat bread

2 tablespoons peanut butter

2 tablespoons favorite jelly

½ cup chopped radishes and cucumbers

1 individual yogurt cup or 1 piece of fruit

Total calories: 550

Total cost: \$1.28

- Decrease the peanut butter and jelly to 1 tablespoon each for a lower calorie meal, just spread them nice and thin. Peanut butter is a healthy fat, and fat is more calorie dense than carbs or protein, which means the calories add up quicker.



Day 16

Leftover Fish Dinner

Baked fish filet (about 3-4 ounces)

½ cup baby carrots

1 small dinner roll

1 apple

1 cup low-fat milk

Total calories: 380

Total cost: \$2.02

- The Commissary has frozen fish filets that can be cooked all at once or one at a time.

Day 17

Hamburger

1 regular hamburger bun

3 ounce hamburger patty

2 slices of tomato and 1 leaf of lettuce

1 tablespoon ketchup and mustard

1 orange

Total calories: 380

Total cost: \$1.66

- Pack lettuce and tomato in separate plastic bag for freshness
- If you make your own burger patties, you can use lean ground beef or lean ground turkey for a lower fat option

Day 18

Chef's Salad

2 cups assorted salad greens and vegetables

2 thin slices each of ham and turkey

2 tablespoons ranch dressing

1 dinner wheat roll

1 cup low-fat milk

Total calories: 400

Total cost: \$1.47

- Don't add dressing to salad until just before ready to eat, to prevent greens becoming soggy

Day 19

Leftover Lasagna

1/12 frozen lasagna piece

1 cup Brussels sprouts (or veggie of your choice)

1 cup chopped fruit

Total calories: 400

Total cost: \$1.70

- Potatoes, peas, and corn are vegetables but are considered 'starchy' vegetables, so calories add up quicker, which is why we put them in the 'grain/starch' category. If you don't like a vegetable listed, just replace it with a different non-starchy vegetable of your choice.

Day 20

Oriental Shrimp Wrap

One 8-inch tortilla

½ cup carrot and cabbage slaw (chopped in the bag,
without dressing)

8-10 cooked shrimp

1 tablespoon of peanut sauce or stir fry sauce

1 individual yogurt cup

Total calories: 425

Total cost: \$3.17

- You can find shrimp in the freezer section. Just pull out 8-10 pieces at a time to cook the night before to prepare this lunch fresh (instead of cooking the whole bag of shrimp at once)
- The yogurt can be plain or flavored. The calories won't be too far off.
- You can buy the prepared slaw, or just replace with other non-starchy vegetables of your choice, like peppers, broccoli, or celery

Eating at the Food Court

For the days you may not have planned so well, and you have to eat at the Food Court, we've come up with some healthier alternatives.

The options range between 300-600 calories and can be mixed and matched depending on personal preference and individual calorie needs.

For even more lower calorie meal ideas, visit the location itself for nutrition information or online at:

<https://www.shopmyexchange.com/savings-center/store-restaurant-coupons/>





Pizza Hut

Veggie Lover's Personal Pan Pizza

Calories - 560

Fat - 20 grams

Protein - 29 grams

6 Naked Lemon Pepper Bone Out Wings

Calories - 480

Fat - 24 grams

Protein - 28 grams

2 Breadsticks (not cheese sticks) with Marinara

Calories - 380

Fat - 9 grams

Protein - 17 grams

12" Thin Crust Veggie Pizza (2 slices)

Calories - 200

Fat - 7 grams

Protein - 8 grams

*Some items may not be available at your location



Pizza Hut

12" Hand-Tossed Hawaiian Chicken Pizza (2 slices)

Calories –260

Fat – 8 grams

Protein – 13 grams

12" Thin 'N Crispy Supreme Pizza (2 Slices)

Calories –250

Fat – 11 grams

Protein – 11 grams

Add a side salad to anything under 400 calories to make a complete meal

Side Garden Salad with no dressing:

Calories-120

Fat-4.5 grams

Protein-5 grams

1.5 ounces of Ranch (one packet)

Calories-200 (Fat free ranch only 35!)

Fat-22 grams (Fat free ranch 0 grams!)

Protein-0 grams

*Some items may not be available at your location



A.M Grilled Taco—Egg and
cheese (2 tacos)

Calories – 340

Fat – 18 grams

Protein – 14 grams

Grilled Breakfast Burrito (1
Burrito)

Calories – 340

Fat – 14 grams

Protein – 10 grams

Power Menu Burrito-Chicken
(1 Burrito)

Calories – 450

Fat – 12 grams

Protein – 26 grams

Cheesy Potato Griller (1
Burrito)

Calories – 340

Fat – 13 grams

Protein – 8 grams

Fresco Burrito Supreme—
Chicken (1 Burrito)

Calories – 340

Fat – 8 grams

Protein – 18 grams

Shredded Chicken Burrito (1
Burrito)

Calories – 420

Fat – 20 grams

Protein – 14 grams

Adding black beans as a side only adds 80 calories and 3 grams of protein

Power menu=high protein

Fresco Menu=lower calories, nothing on this menu is over 350 calories

Hash browns are another 160 calories!



WHOPPER JR. Sandwich with
Cheese

Calories - 310

Fat - 18 grams

Protein - 13 grams

Hamburger (no cheese) and
value size fries

Calories - 460

Fat - 13.5 grams

Protein - 16 grams

Grilled Chicken Sandwich

Calories - 470

Fat - 19 grams

Protein - 37 grams

Garden Grilled Chicken Salad -
no dressing*

Calories - 340

Fat - 15 grams

Protein - 25 grams

Double Cheeseburger

Calories - 350

Fat - 21 grams

Protein - 23 grams

6 Piece chicken nuggets and
value size fries

Calories - 460

Fat - 26 grams

Protein - 15 grams

*Ken's lite honey balsamic adds 120 calories, crouton packet adds 60 calories.

**Avoid the medium or large fries/onion rings and cheesy tots
these can be nearly 500 calories alone!**



Veggie Delight Sub (small)

Calories - 390

Fat - 14 grams

Protein - 19 grams

Chicken Teriyaki (Small)

Calories—390

Fat - 18 grams

Protein - 31 grams

Chicken Philly Sub (Small with
provolone)

Calories - 370

Fat - 11 grams

Protein - 32 grams

Chicken California (Small)

Calories - 430

Fat - 12 grams

Protein - 32 grams

Philly Cheese Steak (Small)

Calories - 390

Fat - 15 grams

Protein - 27 grams

BBQ Steak (Small)

Calories - 380

Fat - 10 grams

Protein - 22 grams

Load up on the free toppings which are low calorie but full of flavor (lettuce, tomatoes, banana pepper, jalapenos).

Note that one order of original fries is 400 calories by itself!

*Some items may not be available at your location



***Add a side salad to anything under 400 calories to
make a complete meal***

Side Garden Salad with no dressing:

Calories - 35

Fat - 0

Protein - 2 grams

Grilled Chicken Salad with no dressing:

Calories - 120

Fat - 1.5 grams

Protein - 20 grams

Steakhouse Salad with no dressing:

Calories-140

Fat - 5 grams

Protein - 18 grams



Cheese & Fruit Protein Box

Calories - 450

Fat - 27 grams

Protein - 20 grams

Chicken BLT Salad Sandwich

Calories - 470

Fat - 25 grams

Protein - 21 grams

Tomato & Mozzarella
sandwich

Calories - 350

Fat - 13 grams

Protein - 15 grams

Turkey & Havarti Sandwich

Calories - 460

Fat - 21 grams

Protein - 29 grams

Bacon, Gouda & Egg Breakfast
Sandwich

Calories—370

Fat - 19 grams

Protein - 18 grams

**Note: The Classic Oatmeal is
only 160 calories and a great
source of fiber!**

Most coffee drinks (other than black coffee or unsweet tea) are
a **minimum of 250 calories**, beware of the liquid sugars.

**A Grande Vanilla Frappuccino, with 2% milk, and whipped
cream = 420 calories!**

*Some items may not be available at your location



Breakfast Pizza 1/5 (one large slice)

Calories - 410

Fat - 20 grams

Protein - 17 grams

Need more? Wing bites can be added to a pizza slice that is <400 calories.

Buffalo Chicken Pizza 1/5 (one large slice)

Calories - 320

Fat - 10 grams

Protein - 18 grams

Buffalo Wing Bites (approx. 2 wings)

Calories - 160

Fat - 8 grams

Protein - 15 grams

Original 12" pizza (one large slice)

Calories - 380

Fat - 16 grams

Protein - 14 grams

Homestyle Wing Bites (approx. 2 wings)

Calories - 170

Fat - 6 grams

Protein - 17 grams

Note: Remember this does not include drinks or sides, just the single slice of pizza. All slices of thin crust are <500 calories per serving.

*Some items may not be available at your location



All sandwiches are without cheese, cheese would add
40-50 calories more per slice

6" Oven roasted Chicken Sub

Calories - 320

Fat - 5 grams

Protein - 23 grams

6" Classic Tuna Sub

Calories - 470

Fat - 25 grams

Protein - 20 grams

6" Sweet Onion Chicken Salad

Calories - 230

Fat - 3 grams

Protein - 19 grams

6" Roast Beef Sub

Calories - 320

Fat - 5 grams

Protein - 25 grams

6" Black Forest Ham Wrap

Calories - 430

Fat - 12 grams

Protein - 27 grams

Chicken Bacon Ranch Salad

Calories - 540

Fat - 40 grams

Protein - 32 grams

**Note: Most Subway wraps
are >700 calories**

Subway Club Salad no dressing

Calories - 140

Fat - 3.5 grams

Protein - 18 grams



Blackened Tenders (5 pcs)

Calories - 283

Fat - 3 grams

Protein - 26 grams

Loaded Chicken Wrap

Calories—310

Fat—12g

Protein—14g

Catfish Filet (2 pieces)

Calories - 460

Fat - 29 grams

Protein - 21 grams

Cajun Fish Filet

Calories—380

Fat—19g

Protein—16g

Nuggets (6 pcs)

Calories - 225

Fat - 14 grams

Protein - 16 grams

Spicy/Mild Chicken Breast (1)

Calories—380

Fat—20g

Protein—35g

*Some items may not be available at your location



Side options to round up to 500 calories! Here are some healthier sides:

Green Beans (large)

Calories—167

Fat—2g

Protein—8g

Corn on the Cob (1)

Calories—210

Fat—6g

Protein—0g

Cajun Rice (regular)

Calories—183

Fat—6g

Protein—9g

Note: large coleslaw is another **420 calories!**

Also beware 1 biscuit is **207 calories.**

Additional DFAC Tips

Healthful Tips Continued:

- Choose broth-based soups such as vegetable and noodle. Have creamed soups less often as they contain more fat.
- At breakfast, look for high fiber foods like, whole wheat grains, oatmeal and fresh fruit. These will keep you satisfied all morning.
- Choose lean proteins like chicken and fish or plant-based proteins like nuts, beans, and seeds more often.
- At the salad bar, go easy on the creamy pasta, potato salad, and cole slaw, as these tend to be higher in fat.
- Choose a dark green or orange vegetable more often.
- When choosing dairy, drink skim or low-fat (1%) milk. Try yogurt for a change of pace. It provides protein and calcium and is low in fat.
- Eat the desserts you like. Just eat them less often and in reasonable portions. Substitute fresh fruit for dessert several times per week.
- At the short order line, boost the nutrients in your sandwich by adding lettuce, spinach, tomato, cucumbers, peppers, and onions.
- Top your breakfast cereal or oatmeal with fresh fruit, instead of adding sugar.

Featured Recipe

A vegetarian-friendly dish, but still packed full of flavor, from Splendidtable.org. Serves 4. Time to cook: 15 minutes.

Avocado and Coconut Noodles, with Edamame, Lime, and Ginger

- 200 g (7 oz) egg, rice, or soba noodles
- 250 g (9 oz) frozen podded edamame beans
- 60 g (2 oz) sunflower seeds
- 100 g (3 1/2 oz) desiccated (unsweetened shredded) coconut
- 1–2 teaspoons chili flakes
- 60 ml (2 fl oz) soy sauce
- 2 tablespoons honey
- juice of 2 limes
- 20 g (3/4 oz) fresh ginger, peeled and finely grated
- 6 spring onions (scallions)
- 2 ripe avocados, halved and stones removed

Cook the noodles in water according to package directions. Add the beans to the pan for the last 30 seconds of cooking then drain in a colander, run under cold water, and set aside.

Meanwhile, toast the sunflower seeds for 2 minutes in a frying pan over a high heat. Add the coconut to the pan for 30 seconds to lightly toast then transfer the seeds and coconut to a plate to cool.

In a large bowl mix together 1 teaspoon chili flakes, the soy sauce and honey. Squeeze in the lime juice and add the ginger, then stir to combine. Shred the spring onions by cutting them finely on an angle, discarding any tough green upper layers, and slice the avocados. Add to the bowl.

Gently toss the cold drained noodles, beans, seeds and coconut in the soy sauce and avocado mixture. Have a taste – you may want to add more chili flakes – then serve.



If you are interested in obtaining nutrition education/information, please contact Nutrition Services at 06371-9464-2540 or DSN 314-590-2540.