

Lunch ideas

Refuelling for the afternoon

I see the lunch hour as the halfway point of your day. Breakfast has got you through to lunchtime and now your lunch needs to get you through to home time. Always try and have a full lunch hour. You need to rest your body, distress and recharge for the afternoon. You have the right to have a break!

There is a good chance that if you have lunch between 12-2 and you are not going to eat again until gone 7pm, you need to think carefully what food is going to keep you going for the next few hours. We'll look at healthy snacks next week.

Fruit and yoghurt work a treat; they both contain plenty of vitamins and minerals. Whilst they don't provide great levels of energy, vitamins and minerals play a vital role in keeping our vital organs, tissue, skin in good working order!

Soups are very good for you. A full carton is great but you could make it last for two lunches if you have a wholemeal pitta bread or wrap with it.

Fresh soups don't have too much salt added (canned soups do) either so good for not clogging up your arteries. From a minerals and vitamins point of view they are great and come in plenty of different flavours.

What a way to have your five a day. 300g (half a carton = 110 calories). Soups will fill you up. Most fresh soups are quite thick and tasty. Snacking after lunch will become a thing of the past.

A pitta bread or a **wrap** is a much healthier option than bread. Please choose the wholemeal variety and not the white pittas. They are both good sources of energy and contain less sugar.

One pitta = 160 calories. Adding in a soup (1/2 a carton) will make your lunch a healthy 270 calories. Not bad for feeling fuller and for less than £3.

Muller light yoghurts - low fat and fill you up. Plenty of delicious flavours to choose from. Calories = 100 calories

A banana, apple, pear, peach, raspberries, strawberries or a satsuma. All great fruit choices especially bananas.

Bananas contain potassium that helps to keep our blood pressure low and makes you feel fuller for longer. A complex carbohydrate, bananas are a great energy source too.

Have it with the Muller light yoghurt. Low fat yoghurts provide us with many vitamins and minerals, all doing different jobs. Yoghurt calories vary but they are typically low in calories.

Maybe use the **Myfitness pal app** to help calculate your calories?

A salad nicoise - tuna, some cheese, crutons, peppers, egg, spring onions. Try to avoid using too much salad dressing. Even better if you don't use it at all. Maybe try it with a little light mayo! Add a little salt and pepper for taste.

A wholemeal sandwich. Two slices of bread. Fill it with anything you like.

Lean ham, a little cheese, tuna, lean chicken or lean pork. Try it without butter or margarine. Bread is **good** for you if you are exercising regularly. The more intense the better. However, too much bread can cause you to put on weight especially if you don't exercise.

Bread contains sugar which converts into fat if we don't burn it off! Beware

Sushi - something a little different - great source of protein and breaks the routine of sandwiches and soups.

Eggs - more protein - if you're able to make some scrambled egg or poached eggs with a slice of wholemeal bread and some fresh baby spinach, this is perfect