

WHAT'S IN YOUR BAG?

Hints for packing a healthy lunch that will fill you up

By **Stephanie Weichert**

When you're starving, there's nothing worse than getting into the cafeteria line and finding mystery meat—for the third day in a row. Want a tastier option? You can't change the school menu, but you can pack a healthy meal to get you through lunch without losing your appetite.

For a quick, easy meal, a sandwich—with its

combination of carbohydrates, protein, fat, vitamins and minerals—will give you all the nutrients you need.

Put a healthy twist on this old-fashioned favorite by experimenting with different kinds of bread. Instead of white bread, try whole wheat, whole grain, rye or pumpernickel—or trade in traditional bread for a wrap or pita.

Here's how to make a nutritious sandwich that will fill you up:

• **Go lean.** Choose lean meats like roast beef, turkey or chicken. If you're concerned about the fat content, try luncheon meats labeled at least 95 percent fat free.

• **Stack on the veggies.** Try a different kind of lettuce like green or red leaf, romaine, spinach or even bean sprouts. These add variety and increase your sandwich's nutritional value.

Generally, the darker the leaf, the better it is for you.

• **Add your favorite condiments.** While some condiments have a reputation for being high in fat, they can still be part of a well-balanced diet. Just try a smaller portion size, or the reduced-fat varieties of mayonnaise or salad dressing. For extra zing with fewer calories, use mustard instead.

MEAL MAKER

Like to brown bag it?

Check out the nutritional values of some classic lunch choices before packing yours.

ITEM	SERVING SIZE	FAT GRAMS	CALORIES
Turkey, breast (processed)	1 oz.	2	51
Beef, hamburger (regular)	3 oz.	20	286
Chicken, breast (without skin)	1/2 breast	3	142
Lettuce, leaf	1 cup	0.2	10
Hot dog, beef	1	13	145
Potato chips	1 oz.	11	159

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