

# What Should I Pack for Lunch?

When packing a quick and nutritious lunch, include food from each of the 4 food groups in **Canada's Food Guide!** For ideas and tips for a great lunch visit [www.dietitians.ca](http://www.dietitians.ca). Here are a few to get you started.

## Grain Products + Meat and Alternatives

- ✓ Sandwich on a whole grain bread, or English muffin with canned fish, turkey slices, ham, or leftover chicken.
- ✓ Roast Beef Roll-Ups – sliced roast beef, mozzarella cheese and lettuce on a soft tortilla
- ✓ Hard-boiled egg and a homemade muffin
- ✓ Leftover chili and whole grain crackers
- ✓ Hummus and pita triangles
- ✓ Pizza made with English muffin, ham and mozzarella cheese
- ✓ Pasta and ham salad
- ✓ **Black Bean and Rice Medley**

## Vegetables and Fruit

- ✓ Carrot sticks, cucumber slices, red pepper rings, zucchini sticks and broccoli, served with or without a low-fat yogurt dip, cottage cheese or hummus
- ✓ Fresh fruit like grapes, bananas, orange wedges, apple, pear, strawberries, and melons

## Milk and Alternatives

- ✓ Milk
- ✓ Cheese (shredded, cubed, sliced)
- ✓ Yogurt
- ✓ Fortified soy beverage



## Black Bean and Rice Medley

### Ingredients

- 3 cups cooked rice, cooled to room temperature
- 16-ounce can of black beans, drained and rinsed
- 1 large tomato, seeded and chopped
- ½ cup shredded Cheddar cheese (optional)
- 4 green onions, chopped
- 1/3 cup light Italian dressing
- 1 tablespoon lime juice (optional)

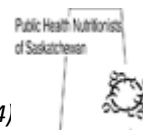
### Preparation

1. Combine rice, beans, tomato, cheese and onions in a large bowl.
2. Pour dressing and lime juice over rice mixture and toss.



Distributed by Barb Wright, Public Health Nutritionist

Population Health Promotion  
Sun Country Health Region  
[bwright@schr.sk.ca](mailto:bwright@schr.sk.ca)  
(306) 637-2469



Written by the Public Health Nutritionists of Saskatchewan with support from Saskatchewan Health Regions (2014)