

# Health Tip of the Month

## What's for Lunch?

Did you know the average American eats out 5 times a week? **Lunch is the most popular meal eaten out.**

Every day **1 in 4 Americans** eat “fast food,” which is often high in fat, salt, and calories!

### Eating a healthy lunch can help you:

- ◆ Maintain a healthier body weight.
- ◆ Prevent high blood pressure, heart attacks, and strokes.
- ◆ Lower your risk of developing type 2 diabetes.
- ◆ Decrease your risk of developing certain cancers.

If you buy lunch often, start by making **small changes** towards good health.



## Quick tips to a healthier lunch

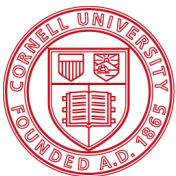
**Don't drink your calories.** Choose water instead of sugary beverages.

**Cut down on saturated fats.** Choose steamed, boiled, grilled, or baked vegetables. Avoid anything fried. Make half your plate fruits and vegetables.

**Enjoy your food but eat less.** Lunches can be 2-3 times a normal serving size.

- ⇒ Put half your meal in a to-go container.
- ⇒ Order less or take less at a buffet.
- ⇒ Share lunch with a friend.

For more healthy lunch tips, go to [choosemyplate.gov](http://choosemyplate.gov)



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**Worksite Wellness Initiative:** by Yehudit Bram, Dietetic Intern  
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More Health Tips? visit <http://nyc.cce.cornell.edu>