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