

# Nutrition Month: Let's Talk Lunch

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When choosing what to eat for lunch, making a healthy choice is really important. Here's why: Eating a variety of healthy foods gives you energy, all the needed nutrients, and can even keep you from getting sick. Making time for a healthy lunch can pay off both mentally and physically. So, use this mid-day meal to recharge and re-energize for the rest of the day!

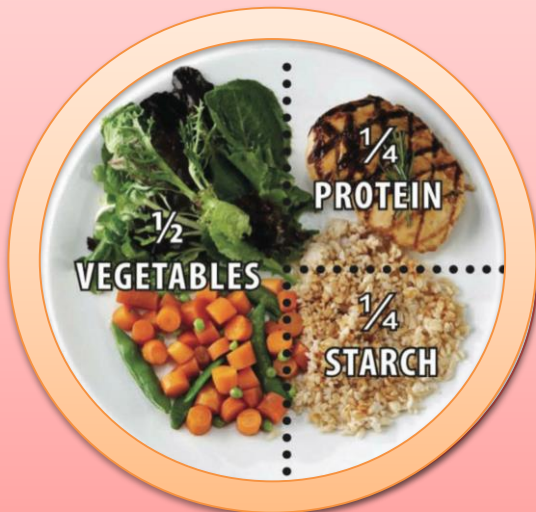
### Why Lunch Is Important:

- Reenergizes body and increases concentration
- Keeps metabolism active-skipping meals causes a lag in metabolism and can lead to excess fat storage
- Renews and refreshes mind



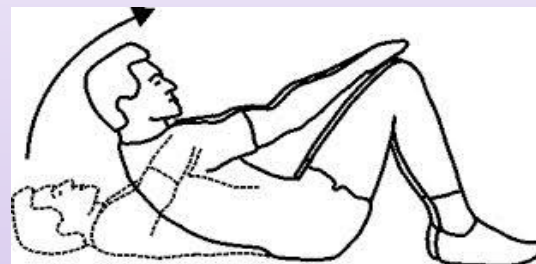
### What Is a Healthy Lunch?

A healthy lunch is packed with the proper nutrition to fuel our body and mind and give us long-lasting energy. Pairing complex carbohydrates (found in vegetables and whole grain) with lean protein is a great way to get this long-lasting energy. For example, turkey and whole grain bread sandwich, low-fat yogurt and granola, and low-fat cottage cheese with fresh fruit are great energy-boosting combos! Using the **Powerful Plate** guideline is a great way to make a nutritious, healthy lunch with grains, protein, and vegetables.



### Weekly Challenge:

Start with a 10 crunches. Add 5-10 sit ups every day. Work your way up to a 30 crunches.



**Plank form:** Start laying on back with knees bent and feet on the floor. Place fingertips on the back of your head, cross arms over chest, or place hands on knees. Do not pull or strain the neck. Engage abdominal muscles to lift shoulder blades off the floor. Slowly lower back to floor. Repeat this movement. Don't hold your breath, focus on full inhales and exhales.

