

Nutrition Connection

The latest news and events from the Kendall Anderson Nutrition Center at Colorado State University

Lunch Makeover: Brown-bag Edition

The formula for a healthy and satisfying lunch:

PROTEIN + FAT + CARBOHYDRATES = BALANCE

Protein

Choose lean proteins such as low fat or fat free dairy, chicken, turkey, fish, or beans to help you feel full.

Fat

Unsaturated fats like those found in avocados, nuts, seeds, and olive oil can help add flavor to foods, but also create a feeling of satiety.

Carbohydrates

Carbohydrates such as fruits, vegetables and whole grains provide fiber and energy to avoid that mid-day slump and keep you going all day.



Mix N' Match

Combine items from each of the following categories into a wrap, salad, sandwich or other lunch entrée. Be sure to add a variety of vegetables for added nutrients, fiber and fullness!

Protein	Fat*	Carbohydrates
Turkey, Chicken, or Lean Roast Beef	Avocado	Whole Grain Tortilla
Low-Fat Cheese	Nuts	Whole Grain Sandwich Bread
Lean Ground Meat	Nut Butter	Brown Rice
Hard Boiled Eggs	Tahini	Whole Grain Pasta
Salmon/Canned Tuna	Seeds (Sunflower, Pumpkin, Flax)	Whole Grain Bagel
Tofu	Olive Oil (mix with vinegar for a kick)	Whole Grain Pita
Beans	Guacamole	Quinoa

*Use these sparingly. Unsaturated fats are good for you, but they contain a lot of calories!

September is 'Fruits and Veggies: More Matters' Month

The Produce for Better Health Foundation and the 'Fruits and Veggies: More Matters' campaign reminds us every September that it is easy to get more fruits and veggies in our meals every day. There are just two important things to keep in mind:

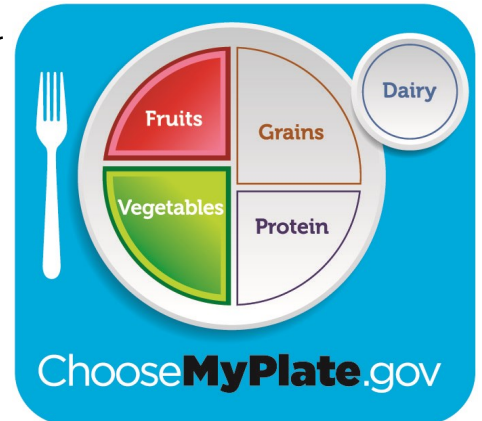
- All forms count– fresh, frozen, and canned and dried
- Make half your plate fruits and veggies

Sometimes it can seem difficult to make half your plate fruits and veggies, but it is easier that you may think!

Check out this lunch idea: Turkey and veggies wrapped in a tortilla, with fruit on the side. That's half your plate!



Photo by Alysa/Flickr



Want more creative ideas to increase fruits and vegetables everyday?

Visit :

<http://www.fruitsandveggiesmorematters.org/>

Get more vegetables and fruit into your brown bag lunch using these easy tips:

- ◆ **Make a frittata:** Make a loaded vegetable frittata over the weekend and slice it up for lunches throughout the week.
- ◆ **Grab 'n go:** Wash and cut your vegetables and fruit on Sunday so you can easily grab them and pack them in your lunchbox.
- ◆ **"PB-fruit sandwiches":** Instead of jelly, add sliced fruit such as bananas or strawberries to your peanut butter sandwich to get some extra fruit with less added sugar.
- ◆ **Roll it up:** Roll slices of deli turkey around thinly sliced bell peppers, carrots, and cucumbers and dip in hummus.
- ◆ **Smoothie time:** Make two smoothie servings at once– one for today and one for tomorrow. Add frozen berries and a big handful of spinach or kale to get some antioxidant rich fruits and vegetables.
- ◆ **Leftovers:** Have leftovers from your favorite restaurant? Transfer them to a sealable container and add some frozen vegetables. By the time you're ready for lunch, the frozen veggies will be defrosted and ready to heat up with the rest of the leftovers.
- ◆ **Replace dessert:** Bring some sliced fresh fruit for dessert instead of chocolate, baked goods, or other sugary foods.



Photo by jeffreyw@Flickr

Mason Jar Salad: Veggies and Cottage Cheese

These creative mason jar salads make it easy to fill your “brown bag” with veggies for lunch! If you have time, make a few ahead of time so that you have lunch ready for a few days.

Ingredients:

- ◆ 1/2 cup reduced sodium, low-fat (1%) cottage cheese
- ◆ 1/4 teaspoon dried Italian seasoning
- ◆ 1/4 cup diced red bell peppers
- ◆ 1/4 cup shredded carrot
- ◆ 1/4 cup edamame, cooked
- ◆ 2 teaspoons Italian salad dressing
- ◆ 1/2 cup croutons



[Photo by Meal Makeover Moms/Flickr](#)

Directions:

1. Begin by combining the cottage cheese with the Italian seasoning in a bowl. Add carefully to the bottom of a pint-sized mason jar.
2. Layer your salad with the red bell peppers, shredded carrot, and edamame.
3. Add the Italian salad dressing, and top with croutons.

Number of Servings: 1

Nutritional Information/Amount per serving:

Calories	236	Protein	20.1 g
Total Fat	6.3 g	Total Carbohydrates	25.2 g
Saturated Fat	1.3 g	Dietary Fiber	4.4 g
Cholesterol	5.0 mg	Sodium	266.8 mg



Scheduling Now!

Spanish-Themed Summer Date Night Cooking Class

Bring a friend, colleague, or that special someone to a fun, interactive evening of cooking, learning, and dining featuring Spanish cuisine and our department's newly renovated test kitchen!

VISIT: <http://nutritioncenter.colostate.edu/classes/date-night.aspx>

WHEN: Friday, September 18th, 6pm-8pm

WHAT: Cooking class

COST: \$50 per couple

Dining with Diabetes

Developed and led by Registered Dietitians, this program offers a proactive approach to teach you the most important things to help you take control of your life and your diabetes!

WHO: This Program is for those with...

- ◆ Pre-diabetes
- ◆ Type 1 Diabetes
- ◆ Type 2 Diabetes
- ◆ Gestational Diabetes
- ◆ Or a loved one with any of these!

WHEN: Tuesdays, October 6th-27th 5:30-7pm

WHAT: Educational program plus demonstration and meal provided weekly

COST: \$100 (discounts for CSU students and employees!)

****Coming January 2015:** Healthy You**

A 6-week program using a non-diet approach to help achieve or maintain your healthiest weight.

VISIT: <http://nutritioncenter.colostate.edu/programs-services/healthy-you-interactive.aspx>

WHEN: Thursdays, January 14- February 18, 2016 5:30-7pm

WHAT: Receive a program manual, pedometer, weekly snacks and prizes and the social support of a great group environment!

COST: \$100—Sign-up with a partner and each save \$25!
(discounts for CSU students and employees!)

Tele-coaching

Get one-on-one nutrition coaching with our registered dietitians without leaving your house. Same rate as individual coaching here: <http://www.nutritioncenter.colostate.edu/programs-services/nutrition-counseling.aspx>

Location for all activities: Room 114 Gifford building on the CSU campus

Like us on our [Facebook](#) page for weekly nutrition tips!

Visit our website for more information: www.nutritioncenter.colostate.edu



114 Gifford Building,