

Low Fat and Low Sodium Lunch Ideas

Mix and match the following ideas to make a lunch which is tasty as well as healthy. The total fat grams are listed in parenthesis .

Broth-based soup* with fat-free crackers (5 gms).

Frozen meals with no more than 10 grams of total fat per serving.

Non-fat fruited yogurt - for variety add dry cereal (0 gms, cereal 1-2 gms).

Vegetables, to reduce sodium, select fresh or frozen (less than 1 gm).

Fruit - may be fresh, frozen or canned (less than 1 gm).

Sandwich made with 2 slices of whole grain bread and deli meat which is at least 96% lean* or grilled chicken breast (5 gms).

Condiments for your sandwich may include mustard*, catsup*, fat-free mayonnaise, pickles*, lettuce, tomato or onion (less than 1 gm). Most condiments are high in sodium.

Make your sandwich interesting - use pita bread, English muffin, tortilla shell or a bagel instead of 2 slices of bread (2 gm).

Nonfat cottage cheese - try it with fruit or fresh vegetables (less than 1 gm).

Meat salads* made with fat-free mayonnaise - for more zest, add chopped green pepper, onion, tomato (3 gms). To reduce the sodium, use fresh chicken or turkey instead of canned tuna or ham.

Pasta salad made with nonfat mayonnaise or fat-free Italian salad dressing* and fresh vegetables (2 gms). To lower the sodium, make homemade dressing using vinegar, olive oil, and herbs and spices.

1 Tablespoon peanut butter and jelly on whole grain bread (8 gms).

Baked potato topped with nonfat sour cream, fat-free salad dressing*, cooked vegetables, non-fat cheese* (1 gm).

Snack foods - pretzels*, light Bugles*, baked potato chips*, baked tortilla chips*, reduced-fat snack crackers*, popcorn (air-popped or microwave with less than 5gms fat per popped bag)* (0-5 gms). Most snack foods are high in sodium.

3 ounce hamburger patty made with 90% lean beef and bun (8 gms).

Low-fat Ramen noodles-made by Campbell's Soup Company* (2 gms).

Spaghettios in tomato sauce-no meat* (5 gms).

(* These foods are higher in sodium and may need to be limited.

For more information or to speak with a Registered Licensed Dietitian, call OSF Saint Francis Nutrition Access Line at (309) 655-3705.