



nutrinews

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Vibrant Food for a Vibrant Life

NW Corner of Glenn & Country Club
293-7770

Open Mon-Sat: 8am-8pm; Sun: 10am-6pm

Quick & Easy Food

In the never-ending struggle for good nutrition that is fast and easy, here are some foods that provide a balance of nutrients to help keep you healthy, alert, creative and feeling good. Although the ideas are grouped into specific meals and snacks, they can be eaten at any time; just vary the quantity for your needs. The key is to set up a schedule and eat *something* every 3-5 hours. Insulated lunch bags give you the freedom to carry any of these foods with you. Use precut veggies and fresh or canned fruit.

Low fat milk and yogurt are good choices with any meal.

Breakfast

- Dry or hot cereal, milk, fruit
- Frozen whole grain waffle, jelly, fruit or juice
- Whole grain toast, English muffin, bagel, or crackers with peanut butter, milk or calcium-fortified orange juice
- Cereal bar or meal replacement bar, milk
- Yogurt (mix in 2 T cereal, optional) or yogurt drink
- Half of a turkey or peanut butter and jelly (PBJ) sandwich, calcium-fortified orange juice
- Cottage cheese and fruit

- Instant Breakfast® mixed in milk, or a meal replacement shake
- Fruit and string cheese
- Mozzarella cheese melted (over pineapple, tomato, or apple slices) on an English muffin
- Toast with ¼ C cottage cheese, sprinkled with cinnamon
- Hard-boiled egg, toast, juice

Lunch/Dinner

- Deli meat, tuna or PBJ sandwich, baby carrots, baked chips
- Canned soup/chili/stew/pasta, crackers, fruit
- Refried beans, shredded cheese or veggies, optional, on a tortilla, chunky salsa
- Tuna, deli meat or hummus on

- crackers with fruit/veggies, milk
- Roll up deli turkey and veggie slices in a tortilla spread with hummus or low fat cream cheese
- English muffin pizzas; toast halves, add tomato sauce, cheese and oregano, heat to melt cheese
- Salad: ready-to-eat greens and other veggies, add deli meat, tuna, eggs, cottage cheese or beans for protein, crackers, milk

Snacks

- Low fat popcorn
- Hard pretzels
- Fruit, fresh, dried, canned
- Pudding cups
- Sports bar (<200 calories, ≥10 g protein)

- Graham crackers, animal crackers, 'Nilla Wafers®, mini rice cakes
- Whole grain cereal (like Cheerios®) dry or with milk
- Raw veggies with hummus or low fat salad dressing
- A cup of soup
- Apple slices with 1T peanut butter or string cheese stick
- Bouillon, mix in veggies or deli meat for added satisfaction
- Tea, sugar-free hot chocolate packets, diet soda, V-8 or tomato juice

You can find more ideas at www.health.arizona.edu under Health Promotion, then Nutrition.