

October: Lunch Is Well - Choose Well



A lunch break is your time to rest and refuel for the second half of your busy schedule. It is also an optimal time for you to make a few healthful food choices to keep you well and functioning at your best level.



If you are like most people, you probably don't think of lunch as being an important meal of the day. In fact, you probably eat lunch in a hurry during the work week and feel that you have limited control over your portion sizes and your food options. The good news is that lunch is full of choices.

One of the attachments tells us how to get the most taste and nutrients from your fast food choices. The second one is on how to make better food choices when we're not at home.

[Food Service Choices](#)

[Tip Sheet](#)

