

Eat Out

For a Happy Heart.....Think Small

Healthy Lunch Ideas



Just Ask for the healthier choice



IRISH HEART
FOUNDATION



Féidhmeannacht na Seirbhíse Sláinte
Health Service Executive



How to Create a Healthy Lunch

The Bread

Bread is rich in carbohydrates, virtually fat free and helps to fill you up. Try wholegrain and wholemeal breads for extra fibre. Add variety by having a tortilla wrap, ciabatta, rye bread or Irish soda bread.

The Spread

Low fat spreads and light mayonnaise taste just as good as full fat versions. If using mayonnaise, skip the spread or vice versa. Mustards, chutney, horseradish, and fat free salsa all make for a great sandwich and could be a substitute for spread.

The Filling

Lean turkey, chicken, ham, tuna or salmon make good fillings. If using cheese, go for a lower fat option like Edam, emmenthal, gouda or mozzarella. Dressed options should contain the minimum of dressing/mayonnaise, even if it is low in fat. Ensure egg mayonnaise and coleslaw are made with low fat mayonnaise.

The Salads

No healthy sandwich is complete without including at least one salad vegetable! Try tomato, cucumber, iceberg lettuce, onion, sweetcorn, mixed peppers or celery. Three of these in your sandwich will make a great healthy option.

Don't forget

Fruit juices, smoothies, a piece of fruit or low fat yoghurt are great for your everyday lunch also.

For more detailed information on portion sizes, check the Food Pyramid on www.irisheart.ie or www.healthpromotion.ie



Sandwich Ideas

These top class establishments show us that the sky's the limit in putting together tasty and healthy sandwiches or wraps. Alternatively see the tips on opposite page on how to create your own healthy sandwich.

Mozzarella and Sundried Tomato Sandwich

Sour dough rye bread spread with a little pesto, topped with semi sundried tomatoes and buffalo mozzarella (25-50g/1-2oz).

Pig and Heifer

Gourmet Turkey Salad Sandwich

Gourmet brown bread filled with roast turkey, beef tomato, brambles homemade relish, a mix of tossed leaves, roast red peppers and low fat mayonnaise.

Brambles Café

Garden Salad Wrap

Bean sprouts, spring onion, sweetcorn, cucumber, peppers, tomatoes and mixed leaves with low-fat cream cheese on a plain wrap.

Insomnia

Hummus Wrap

Hummus, roasted vegetables, fresh tomatoes, green peppers and a little basil pesto on a plain wrap.

Lunch!

Chicken Wrap

Light pitta wrap filled with plain chicken on a bed of mixed leaves, topped with peppers, tomatoes, red onion, carrot shavings and garnished with a low-fat French vinaigrette.

Café Java

Magnum GI Bagel

Turkey, avocado, roasted red peppers, low fat vinaigrette, salad leaves on a pumpernickel bagel.

Itsa Bagel

Baguette
with
Cheddar
cheese,
rashers,
lettuce,
tomato
and
coleslaw



1230 Calories, 52g Fat

Switch and save
598 Calories and
5g Fat

Sandwich
with
Cheddar
cheese,
rashers,
lettuce,
tomato
and
coleslaw



632 Calories, 47g Fat

Switch and save
233 Calories and
19g Fat

Wrap
with
Cheddar
cheese,
rashers,
lettuce,
tomato



399 Calories, 28g Fat

Every teaspoon of...		
Full fat mayonnaise adds	35 calories	4 grams of fat
Low fat mayonnaise adds	15 calories	1.5 grams of fat
Butter adds	37 calories	4 grams of fat
Reduced fat spread adds	27 calories	3 grams of fat