

SHAPE

Healthy Lunch Ideas: A Nutritionist's Top Food Swaps



By *Sharon Richter, R.D.*

A smart, healthy lunch can change the course of your day—when you choose lean proteins and vegetables, your energy will stay at optimal levels throughout the afternoon. You know this, you really do! But in the middle of a hectic workday, it can be hard to resist the siren call of tasty, tempting carbs or fatty convenience foods—which usually lead you straight to a 3 p.m. wipeout. You know, the one that sends you diving for the candy bowl or vending machine. And even if you do manage to muscle it through 3 o'clock, you're so starving by 6:00 that you stuff yourself at dinner—disaster. Here are some quick, easy swaps that will make your midday meal instantly healthier, give you fuel to power you through the afternoon, and set you up for a smart dinner and healthy night's sleep too.



Instead of peanut butter crackers

Try: Justin's nut butters

Have you convinced yourself that the peanuts in those bright-orange peanut butter crackers must make them a little bit good for you? What about Nutter Butters? Ha! For a *healthy* and delicious nut treat, check out **Justin's nut butters**. Spread the almond, peanut, or one of five other flavors (ranging from 170 to 190 calories per single-serving squeeze pack) on fruit, celery, carrots, whole grain bread, or Arnold's 100-calorie sandwich thins. Nutritionally and tastewise, nut butters *rock!* They're filled with protein and great nutrients like vitamin E, which nourishes your hair and skin. Nut butter also makes a great post-workout snack thanks to its easy portability and good balance of protein and healthy fats.