

Salt-Free & Easy Low-Sodium Lunch Shopping List

When making school lunches gets boring, try these great ideas!

Fruits & Veggies:

Individual bags of carrot sticks
Boxes of raisins
Grapes
Berries
Kiwi
Bananas
Bagged apple slices
Bagged veggies
Pre packaged fruit cups, applesauce
Watermelon cubes
Cantaloupe cubes
Mandarin oranges
Red Pepper slices
Grape tomatoes

Breads & Starches

Pasta salad
Pita Bread
Small Bagels
Granola Bar
Low Salt Corn Tortilla Chips
Graham Crackers
Tortillas (as wraps)
Homemade Low Salt Popcorn
Erin's Low Salt Popcorn
Homemade Low Salt Chex Mix
2-3 small Cookies

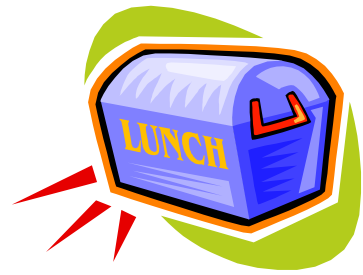
Protein & Fat:

Eggs, Hard Boil or Deviled
Peanut butter
Cream Cheese
Cheese stix
String cheese
Yoghurt
Yoghurt with granola/honey or fruit
Go-ghurt
Flavored milk in bottles
Milk
Chocolate milk
Cottage cheese
Ready to Eat puddings
Unsalted Buts, Sunflower seeds
Leftover Chicken breast, pork chop, beef
Homemade Hummus
Sushi (California roll)

Beverages:

Milk
Yoghurt drinks
Water
Fruit Juices

Lunch doesn't always have to mean a sandwich!



- Cold Salads like pasta or tuna rice salad can be fixed a day ahead. Use a cooler-type lunch box to keep your child's lunch nicely chilled though out the day.
- Try packing low sodium cottage cheese and fresh berries with a whole-wheat roll. How about low sodium crackers with tuna salad and cheese with some grapes or watermelon?
- Hard-boiled eggs are a good source of protein and can be easily carried. Cook several at a time and mark with a pencil so you know which eggs are precooked.
- Cold Fried chicken with fruit and a roll make a great lunch!

Make sandwiches without high sodium lunchmeats or condiments

Try some of the following recipes for tasty sandwiches with out the extra sodium.

Egg Salad

3 hard cooked eggs
1/4 + cup mayonnaise
1 stalk celery, diced
1/4 tsp. dry mustard
1/8 tsp. paprika

Tuna Salad

1 can tuna, rinsed and drained
1/4 + cup mayonnaise
1/8 tsp lemon juice
1/4 cup cucumber, chopped

Meat Filling

1 cup leftover meat, finely chopped or ground
1/4 cup onion, minced
1/4 cup celery, chopped
1/4 + cup mayonnaise

Cream Cheese Spread

1- 8 oz package cream cheese, soft
1/4 cup chopped walnuts
1/4 tsp. tarragon
2 slices avocado, thin

Mix together all ingredients except avocado. Spread on wheat bread and top with avocado slices.

Other Ideas to try:

- **Add texture**

Add texture and flavor to your sandwich by with finely chopped celery, radish, bell pepper, onion, cucumber, water chestnuts or apples.

- **Add variety.**

Lettuce adds texture and moistness to a sandwich; try a red leaf or romaine lettuce, or arugula for a change! Alfalfa sprouts are also delicious. Mushrooms add a nice flavor to a sandwich as well.

Breads:

There are many different varieties of breads at the market, try a new kind! Toasted English muffins make nice bread for sandwiches with moist fillings, like tuna, egg or chicken salad.

Other Low Sodium Sandwiches ideas:

- Peanut butter and Jelly
- Cheese Sandwich
- Bagel and cream cheese
- Meatloaf sandwich
- Fresh (not store bought) sliced turkey, or chicken sandwich

What to drink?

Milk is always the best choice for growing kids & teenagers, but if your child won't or can't tolerate milk try these ideas:

Lemonade/Limeade

Cranberry Juice

Apple Juice

Grape Juice

Peach Nectar

Pear Nectar

Other Snacks:

Unsalted Pretzels

Unsalted Corn Chips

Rice Cakes

Graham crackers

Low sodium popcorn

Carrot & Celery sticks

Grapes

Berries

Watermelon

Cookies

Foods to avoid packing

Food that need cutting, preparing or assembling

Food that can drip or fall apart

Food that need to be chilled, reheated or frozen, unless you send a “blue ice” or similar cold pack.

Salty, processed meats such as ham, pastrami, salami, hot dogs

Potato chips or other salty snacks

School lunches can be full of salt, fat, and concentrated sugars, none of which are good for kids.

So how can you be sure your child is getting the best nutrition when they are away from home?

Have them help you pack their lunch. It will teach both of you a lot about good nutrition!

Inside are some good ideas to get you started.