

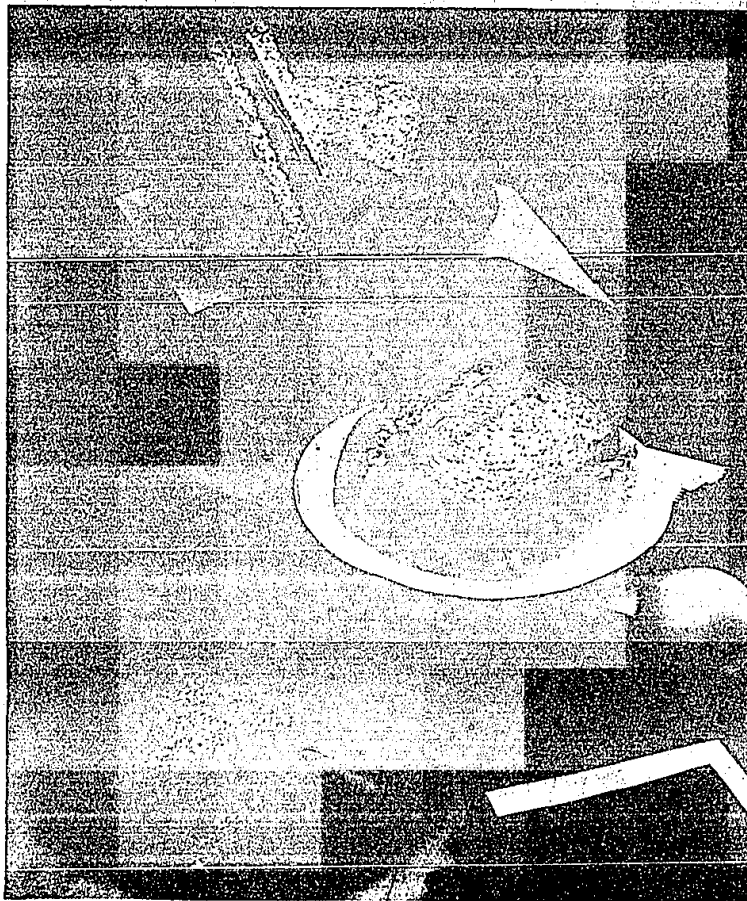
BAG YOUR LUNCH

If you packed a lunch today, you're not alone. Brown bagging has become a "hot" trend. In fact, statistics show that approximately nine million brown bag lunches are consumed in this country each year!

Given the current interest in nutrition and fitness, not to mention time and money, it's not hard to figure out why so many people—of all ages and lifestyles—are carrying brown bags. By packing their own lunches, people have much greater control over what they eat at the midday meal.

Nutrition experts recommend that we eat a wide variety of foods from each of the six major food groups each day. Adults need four servings each day from the CEREAL/BREAD group; two servings from the MEAT/POULTRY/FISH/EGGS/LEGUMES/NUTS group; two servings from the DAIRY PRODUCTS group; two servings from the VEGETABLES group; two servings from the FRUITS group; and one serving (one tablespoon) from the OILS/FATS/MARGARINES group. Keep in mind, however, that the recommended number of servings differs with age, lifestyle and physical activity.

Children, because they are growing, need more basic nutrients in relation to body weight than adults. The adolescent years often bring the demands of increased activity and rapidly-accelerated growth. Thus, sound eating habits are especially important during the teen years. Teenage girls, often preoccupied with weight control, may be deficient in iron, calcium and other nutrients. For the sake of future health, it is important that they consume a diet that meets their individual dietary needs.



Dieters need to choose wisely from the various food groups to be sure that the fewer calories they're eating still provide a wide assortment of essential nutrients in their diets. Busy working folk and active homemakers alike, pressured by demanding schedules, should pay particular heed to well-balanced diets to ensure the stamina they need to match their fast-paced lifestyles.

Since nutritionists recommend that lunch make up one-third of the daily nutritional quota, what goes into that brown bag is very important. It's easy to see why the time-honored sandwich is the basis of most carried lunches. It combines good-for-you, mixed-grain bread with meats or other protein foods, vegetables, fruits and cheeses or other dairy products needed for a well-balanced diet.

And the bread is more than just packaging. Mixed-grain bread contributes important nutrients to the diet, including complex carbohydrates, B-vitamins, protein, iron, phosphorus and calcium, as well as dietary fiber.

Each of the sandwich recipes and menus included here is unique, designed to meet the nutritional requirements and taste preferences of a specific age or lifestyle group. School kids, teenagers, dieters and busy execs—there's something here for almost everyone.

For a booklet of great sandwich recipes and brown bag tips, send a self-addressed, stamped, business-size envelope to: Roman Meal Company, Department BC-2, P.O. Box 11126, Tacoma, WA 98411-0126.

SANDWICH KABOBS TO GO

Here's a sandwich "packaged" a little differently—just for small fry. That old favorite, the peanut butter and jelly sandwich is cut into bite-size sections and threaded onto skewers, along with fruit and vegetable pieces. Pack Kabobs into a plastic container before putting into lunch bag—or wrap in plastic wrap or foil.

- 2 slices Bread
- 3 tablespoons peanut butter
- 1 tablespoon jelly or jam
- 1/2 apple, cut into chunks*
- Lemon juice
- 1 to 2 stalks celery, cut into six 1-inch pieces

Spread bread slices with peanut butter. Top with jelly and spread to edges. Close sandwich. Using sharp knife, cut sandwich into 6 or 9 pieces. Brush apple chunks with lemon juice. On three 6 or 8-inch wood or bamboo skewers, thread sandwich pieces alternately with apple and celery pieces. Makes 1 serving.

*If desired, seedless grapes may be substituted.

NOTE: Sandwich sections, fruit and celery may be wrapped separately, then threaded onto skewers at lunchtime.

Nutritional analysis per sandwich:
492 Calories 26 grams fat
17 grams protein 519 milligrams sodium
55 grams carbohydrate

Percentage of USRDA:
17% Vitamin C 17% Iron
18% Thiamine 29% Phosphorus
15% Riboflavin 14% Zinc
47% Niacin 17% Vitamin B₆
8% Calcium

MENU

SANDWICH KABOBS TO GO
Carrot Curls Cherry Tomatoes
Oatmeal Cookies
Lowfat Milk

TEEN'S DELI SPECIAL

Here's a sandwich for teenage appetites. Use the ingredients below—or add and subtract to suit individual tastes. We've included a few suggestions for starters. It's a good idea to pack the tomato slices separately, adding them to the sandwich at lunchtime.

- 2 slices Bread
- 1/2 teaspoon corn oil margarine
- 1 tablespoon cream cheese, softened
- 2 teaspoons Italian dressing*
- 2 thin slices (1-1/2 oz.) cooked turkey, ham or roast beef
- 1 slice (1 oz.) creamy havarti, Swiss or Monterey Jack cheese
- 2 to 3 thin slices Bermuda onion (optional)
- 2 to 3 thin slices tomato
- Lettuce leaves

Spread one bread slice with margarine. Spread cream cheese on remaining bread slice; drizzle with dressing. Layer with remaining ingredients. Close sandwich. Makes 1 sandwich.

*If desired, mayonnaise or creamy blue cheese dressing may be substituted.

TIP: Vary filling by adding sliced cucumber, mustard, sprouts, thinly-sliced lunch meat, crisp-cooked bacon strips, green pepper rings, sliced avocado, chopped celery or sliced radishes.

Nutritional analysis per sandwich:
424 Calories 25 grams fat
25 grams protein 663 milligrams sodium
25 grams carbohydrate 48 milligrams cholesterol

Percentage of USRDA:
18% Vitamin A 28% Calcium
13% Vitamin C 17% Iron
16% Thiamine 34% Phosphorus
23% Riboflavin 20% Zinc
23% Niacin 15% Vitamin B₆

MENU

TEEN'S DELI SPECIAL
Orange
Applesauce Cake
Lowfat Milk

DIETER'S TUNA SALAD SANDWICH

Freshly flavored and crunchy in texture, this sensational sandwich is also low in calories. Lime or lemon juice zips up a creamy tuna filling. Waist-watching brown baggers will delight in this lunchtime treat.

- 8 slices Bread
- 2 tablespoons diet margarine
- 1 can (6-1/2 oz.) water-pack tuna, drained and flaked
- 1/4 cup plain non-fat yogurt*
- 1 to 2 teaspoons lime or lemon juice
- 1 teaspoon poppy seeds (optional)
- 1 tablespoon chopped green onion
- Dash EACH salt, pepper and garlic powder
- Lettuce leaves
- 1/2 cucumber (about 8-inch), peeled and thinly sliced

Spread bread slices with margarine. Combine tuna, yogurt, lime juice, poppy seeds, onion and seasonings.

Top four bread slices with half the lettuce leaves. Divide tuna mixture between lettuce-topped bread slices; spread to edges. Top with cucumber slices and remaining lettuce. Close with remaining bread slices. Makes 4 sandwiches.

*If desired, 1/4 cup low-calorie mayonnaise may be substituted.

Nutritional analysis per sandwich:
220 Calories 5 grams fat
20 grams protein 460 milligrams sodium
24 grams carbohydrate 32 milligrams cholesterol

Percentage of USRDA:
9% Vitamin C 44% Niacin
14% Thiamine 9% Calcium
15% Riboflavin 15% Iron
22% Phosphorus

MENU

DIETER'S TUNA SALAD SANDWICH
Fresh Peach or Nectarine
Skim Milk

CURRIED SALMON SANDWICHES

For the executive on the way up, here's a brown bag special that'll be the envy of the boardroom. A hint of curry and crunchy almonds dress up convenient canned salmon, while chutney adds that something extra.

- 8 slices Bread
- 4 teaspoons corn oil margarine
- 1 can (7-1/2 oz.) salmon, drained and flaked
- 1/4 cup mayonnaise
- 1 teaspoon curry powder
- 1/4 cup sliced almonds, toasted
- Spinach leaves
- 1/4 cup chutney (optional)

Spread bread slices with margarine. Combine salmon, mayonnaise and curry powder. Divide salmon mixture between four bread slices; spread to edges. Top each with almonds and spinach leaves. Spread remaining bread slices with chutney, and close sandwiches. Makes 4 sandwiches.

Nutritional analysis per sandwich:
351 Calories 20 grams fat
11 grams protein 502 milligrams sodium
34 grams carbohydrate 100 milligrams cholesterol

Percentage of USRDA:
27% Vitamin C 44% Niacin
12% Thiamine 9% Calcium
19% Riboflavin 15% Iron
20% Phosphorus