

Shop Smart Tennessee: Lean Lunch Meat Stackables

Betsy Anderson-Steeves, Assistant Professor, Department of Nutrition and Food Safety

Janie Burney, Professor, Department of Family and Consumer Sciences

Christopher T. Sneed, Assistant Professor, Department of Family and Consumer Sciences

Cori Sweet, Extension Specialist, Department of Family and Consumer Sciences

Egla Lopez, Extension Assistant, Department of Family and Consumer Sciences

Jeanmarie Salie, Extension Specialist, Department of Family and Consumer Sciences





LEAN LUNCH MEAT STACKABLES

Serving: 1

6 whole wheat crackers

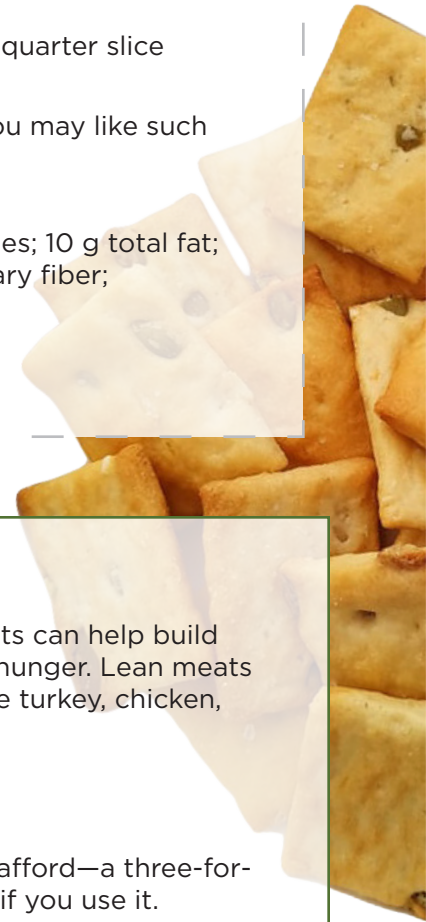
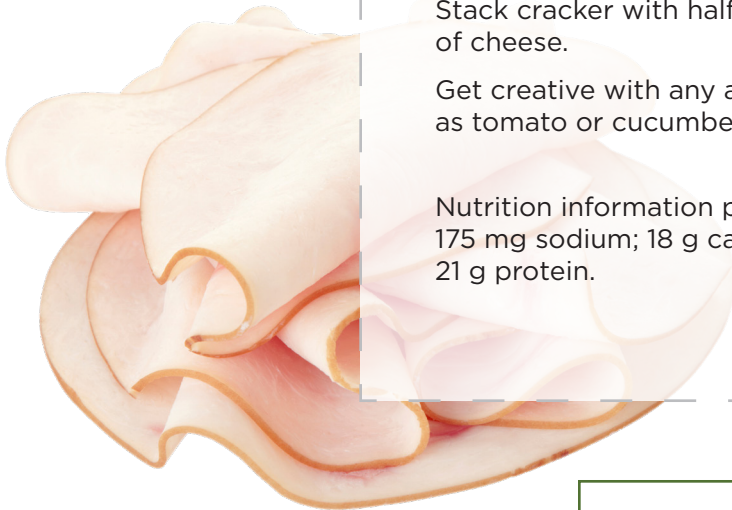
3 slices of low-fat deli turkey, thinly sliced and halved

1 1/2 slices of low-fat cheddar or mozzarella cheese, cut into quarters

Stack cracker with half a slice of turkey and quarter slice of cheese.

Get creative with any additional toppings you may like such as tomato or cucumber.

Nutrition information per serving: 250 calories; 10 g total fat; 175 mg sodium; 18 g carbohydrates; 1 g dietary fiber; 21 g protein.



Protein Power

Choose lean meat. Lean meats can help build muscle and fight feelings of hunger. Lean meats include lower fat varieties like turkey, chicken, lean ham and canned tuna.

Shop Smart to Save

Buy what you need and can afford—a three-for-one deal is only a good deal if you use it.

BOCADILLOS DE CARNE DEL DELI BAJA EN GRASA

Porción: 1

6 galletas de trigo integral

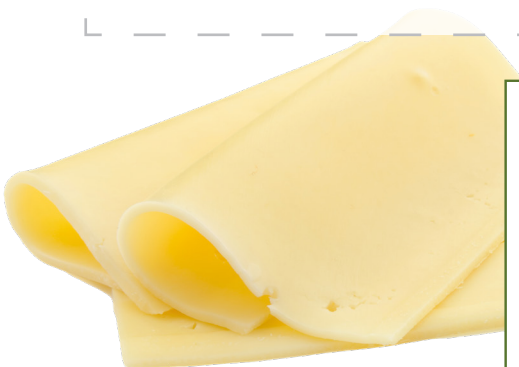
3 rebanadas de pavo de delicatessen bajo en grasa, cortadas en rebanadas finas y a la mitad

1 1/2 rebanadas de queso cheddar o mozzarella bajo en grasa, cortadas en cuartos

Amontone una galleta con media rebanada de pavo y queso.

Sea creativo con cualquier cobertura adicionales que le gusten como el tomate o el pepino.

Información nutricional por porción: 250 calorías; 10 g grasa total; 175 mg sodio; 18 g carbohidratos; 1 g fibra dietética; 21 g proteína.



Poder de las proteínas

Elija Carne bajas en grasa. Las carnes bajas en grasa pueden ayudarle a construir músculo y combatir la sensación de hambre. Las carnes bajas en grasa incluyen variedades como el pavo, el pollo, el jamón y el atún enlatado.

Compre inteligentemente para ahorrar

Compre lo que necesita y lo que su presupuesto lo permite; 3-por-1 es una buena oferta sólo si lo va a utilizar.



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