

A healthier plan *for lunchtime*

With Weight Watchers, you're all set to head for the lunchroom with confidence.

Start at the salad bar

Is there salad available? Fresh veggies? That's where you want to take doubles! If you fill up on salad with low SmartPoints™ value add-ins, such as roasted red peppers, fresh mushrooms, or cubed chicken breast, you'll be less likely to want foods with high SmartPoints values like fried foods or creamy soups. Make it more interesting with a sprinkle of blue cheese or sunflower seeds. (A little goes a long way.) And keep in mind, regular salad dressing is loaded with fat, so pick a light dressing, use fresh lemon or vinegar, or bring your own packets of fat-free dressing.

Plan ahead

Scope out the lunchroom's weekly menu ahead of time to get the lowdown on what works for you. Think about starting your meal with a satisfying broth-based soup, or pair it with a salad for a complete main course. A serving of steamed green veggies has a 0 SmartPoints value and tastes great dressed up with salt, pepper and a squeeze of lemon. Or drizzle on a little vinaigrette from the salad bar for a low SmartPoints savory side.

Wondering what your best choices might be?

When you focus on lean proteins and veggies, and steer away from saturated fats and sugar, you'll not only boost your weight-loss efforts, you'll also feel more satisfied, which makes it easier to stay on track.

Ask for what you need

Do you find that there just isn't anything healthy or satisfying in the lunchroom? Rally the troops. Ask co-workers what they'd like to see on the menu, then take your request to decision makers — they may be very willing to make changes if they hear your needs.

SO SKIP THE...

Hamburger and fries	Overstuffed deli sandwiches
Pepperoni pizza	Chocolate layer cake
Quiche du jour	Soda or iced tea with sugar
Swedish meatballs	Whole milk
Pasta special	

...AND GO FOR THE

Minestrone soup	Cucumber salad
Egg white omelet and salad	Veggie-based sandwich with a light vinaigrette
Brown rice and beans	Diet soda or iced tea with sugar substitute
Hummus with whole wheat pita	Low-fat or fat-free milk
Turkey burger	Seltzer
	Fresh fruit

Make your workdays healthier. Ask your benefits administrator about Weight Watchers in your workplace.

