



## Baon Version 2.0

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The food scene has changed so much in recent times. The ease by which we can get food is equally growing. Fast foods, convenience stores, delivery – they continue to mushroom in every corner of the city. But do all these options lead us to making better, healthier choices?

Good food isn't about what looks fancy or what fills you up right away; it's what nourishes your body and mind. The best foods are those that are both appetizing and substantial. Sometimes, packing your very own lunch is the best way to keep your health goals in focus. Here's how to do it right, with a little help from Del Monte:

### **Plan Ahead**

*Baon* has a bad rap because we often just find our lunch tins packed with quick meats and carbs. Who wants a red hotdog sitting on a bed of cold pink rice when you can easily just buy a burger on the way to work? Let's give it another try. Over the weekend, take a little time to check on what you have at home and what you need to buy from the supermarket. Then list down which meals go with which lunch days. Your *baon* is potentially something that can be easy to prepare, healthy, and delicious. All you'll need is a bit of pre-planning.

### **Stay in Control**

While we all love the occasional buffet, we still want control over what to eat, how much to eat, and what exactly we are eating. One advantage of the *baon* is that you know exactly what goes into it. There are no hidden ingredients or calories. You also choose how much goes into it.

### **Stay Balanced**

Often, we end up buying lunch that is either too much, too little, or just depressing. Making the perfectly balanced *baon* is pretty simple. Some tips to remember – make sure these food groups are well-represented: protein, carbs, vegetables and fruits. Have a portion of meat like tuna or a whole chicken breast, a cup of brown rice, and then have two portions of fruits and vegetables. Make it even better by bringing in a can of Del Monte 100% Pineapple Juice. After all this, you should have your lunchmates just about ready to join in on the *baon* days.

### **Think Outside the Box**

*Baon* can be boring when it becomes repetitive. Mix it up a bit. Del Monte Kitchenomics can help you pick up new recipes for the lunch tin. Get creative. Experiment with different ingredients and techniques. It's important to mix it up so that making and eating your *baon* stays fun and exciting.

*Baon* can be great when done right. Try it out for a couple of weeks to start. It would take a bit of time getting used to it as you work around your weekend errands and your morning chores but you should be able to see results when you begin to feel healthier and when your wallet begins to get thicker from the savings.

#### **Sources:**

<http://www.dumblittleman.com/2009/09/how-to-make-great-packed-lunches-for.html>

<http://health.nytimes.com/health/guides/nutrition/balanced-diet/overview.html>