



Eating Healthy in Hectic Times

Healthy Lunches to Go



Special points of interest:

- Plan ahead to get the best lunches.
- Make certain your lunches support your health goals.
- Pack snacks to eat and stay within your goals.
- Exercise should be fun!
- Three fifteen minute workouts are as good as one forty five minute workout.
- Choose baked or grilled options at fast food restaurants.

How to pack a better lunch box.

Packing a good lunch does not just happen in a flash. It takes a bit of planning and preparation to really get the most out of a packed lunch. The first step is look at your habits and your resources. Do you need enough food to snack on during the day or just one meal? Will you have a place to sit and eat or just a lap? Do you have access to a microwave or refrigerator? Do you have any specific health goals that need to be taken into account? For example, if you have high blood pressure, then lower sodium foods are best. If you

are trying to reduce cholesterol, stabilize blood sugars or lose weight, then high fiber choices are best.

If you are going to carry food that is best eaten cold, then a good insulated lunch box and an inexpensive blue ice is a must have. If your foods will be room temperature then any bag to carry it in will be fine.

It is best to have a variety of healthy options in one location at the house so either the night before or the morning of, all you have to do is grab a variety and put them in a bag and go.

Some items are: low fat

string cheese, reduced salt or salt free fat free pretzels, grapes, apples, 100 calorie packs of snack mix, graham crackers, dried fruit such as raisins or cranberries and dehydrated apples. When it comes to the main item for lunch, some easy to grab choices are the small individual size cans of tuna or peanut butter, or place slices of deli meat in snap and seal bags. When you buy bread or rolls for lunch place two slices or one roll in individual seal bags and keep them in one location. Then all you have to do is grab a can of tuna and a bag of bread and toss it in the bag.

Working Out in Small Bursts.

Did you know that the current recommendations for activity for the average adult are 30 minutes to an hour on most days? Did you also know that you can break this time into smaller mini sessions to get the same benefits? Most people have difficulty finding time to get the recommended activity, so here are some quick ways to get moving.

1. Always choose the stairs
2. Park your car in the last parking spots
3. Don't use the remote control to change the channel
4. Walk around the house when on the phone
5. Do stomach crunches in the morning before getting out of bed
6. March in place during commercial breaks
7. Talk in person to coworkers rather than just emailing.
8. Use a pedometer and see how quickly you can get up to 10,000 steps.
9. Keep small weights at the desk and use them throughout the day.

Eating On The Road

Tips, Tools and Techniques for making better choices at fast food restaurants. Some fast food joints are better than others. I am sure you already know that anything breaded and fried is not a good choice. If you have the option of getting it grilled or broiled, choose it. If not, take off the breading and don't eat it. Mayonnaise is not your friend. It is high in fat and calories and if you put it on your healthy grilled sandwich, you have undone all your hard work. If you must have a hamburger,

then think of portions. A single patty on a simple bun, with lettuce and tomato and a pickle is a portion for an adult. If you add fries and an extra patty or cheese, you have too much. I know that french fries taste good, but do you know just how unhealthy they are? Aside from the fat and extra calories, they are loaded in sodium. High blood pressure contributes to heart attacks and strokes every year. If you must have the fries, get the smallest size possible. Did you know that three strips of bacon on any sandwich adds 103 calories, 7.9

grams of fat, 21 mg of cholesterol and 439 mg of salt. When you go to fast food restaurants, think about your health goals. Let your money speak as well. Tell the staff that you want more food choices that are healthy for you. Let restaurants that have healthy menus know that you appreciate what they are doing and to keep up the good work. In this economy, they must make some hard choices, encourage them to see the investment in healthy food equals more sales!