

# Eating Healthy on the Run



 **Deaconess**  
WEIGHT LOSS  
SOLUTIONS

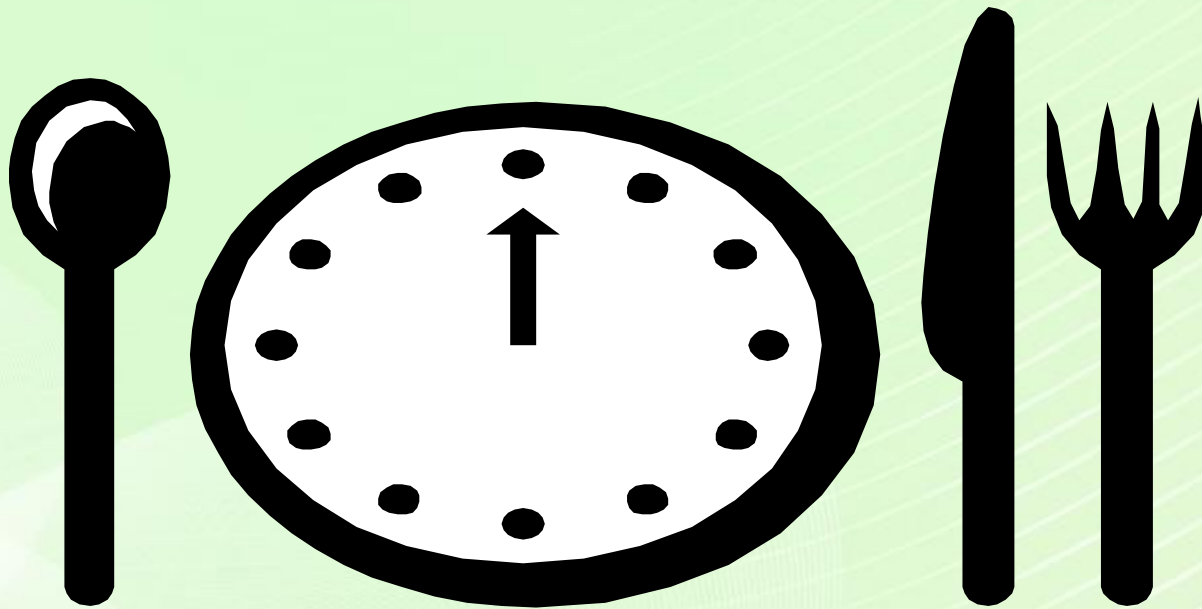
**Do you feel like you run a marathon most days?**



**Your daily race begins as soon as your feet hit the floor in the morning...**



**...and as your day continues you begin to pick up  
speed around noon...**





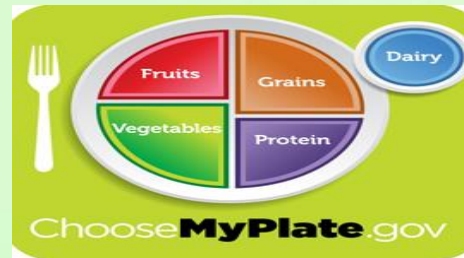
## Leaving very little time to eat lunch



**By the end of the day you just want to get across the finish line and drop into bed!**



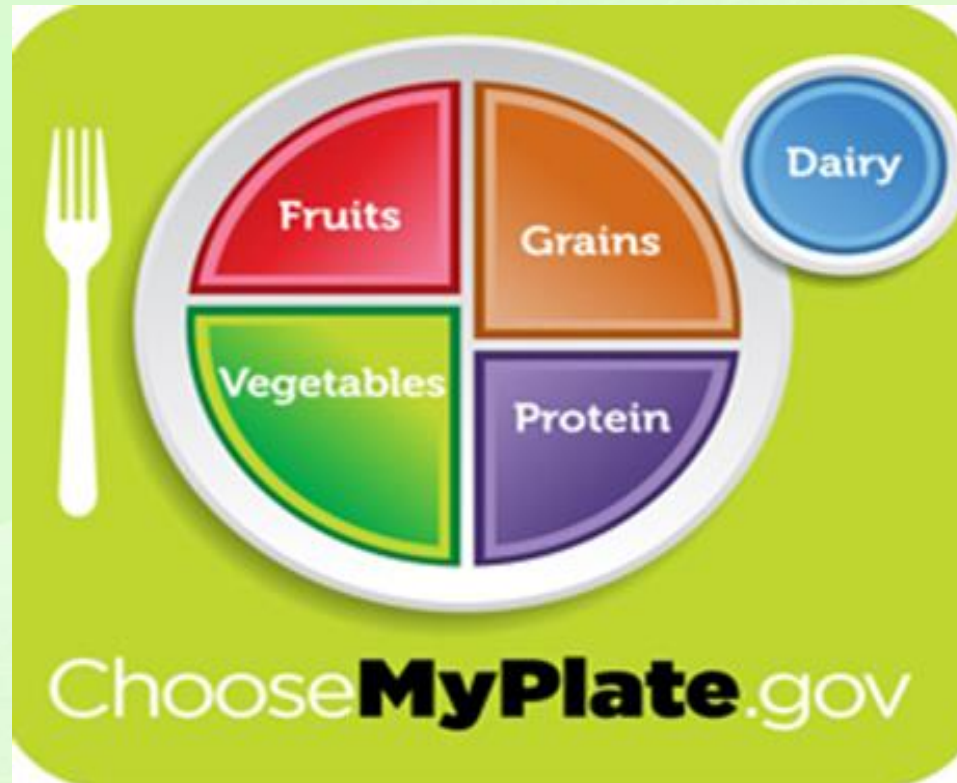
# What is Eating Healthy?



## Healthy Eating Guidelines & Goals

1. Eat 3 meals a day and 2 to 3 planned low calorie snacks
2. Eat every 4 to 5 hours
3. Eat meals that are well balanced
4. Eat foods that provide for adequate fiber daily in the diet
5. Drink 6-8 cups of water each day
6. Watch your portion sizes of the food you consume

## Healthy and Well Balanced Meals

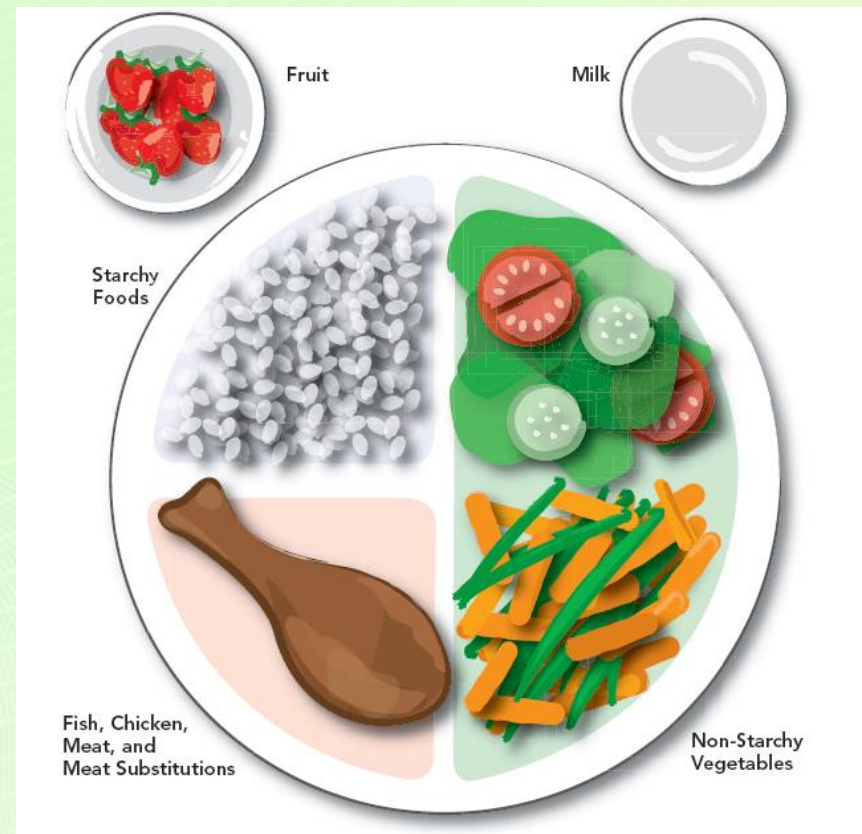




## Let's Look at Your Dinner Plate

1. Cut the Dinner Plate in  $\frac{1}{2}$  and then  $\frac{1}{2}$  again
2.  $\frac{1}{4}$  of the plate should be meat (protein)
3.  $\frac{1}{4}$  of the plate should be starch (potatoes, corn, rice, etc.)
4.  $\frac{1}{2}$  of the plate should be low calorie non-starchy vegetables
5. 1 serving of fruit and a serving of milk.

**Note:** Do not have just a “meat and potatoes” meal. Include a fruit and some vegetables with your meals. Fruit and vegetables are higher in fiber. Fiber tends to help with one’s level of fullness. Therefore, we don’t eat as much at a meal and we stay full for a longer period of time.



**Eating healthy sounds simple but is it as simple as it sounds?**



## What keeps one from eating healthy?





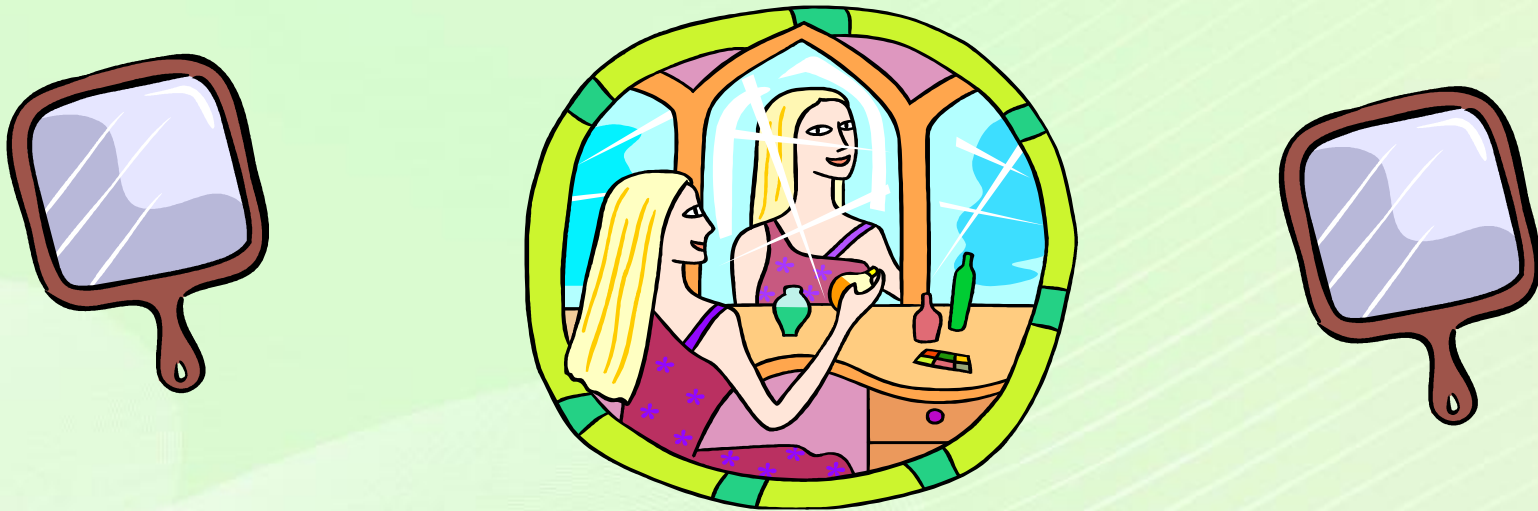
## Interferences of Healthy Eating

1. Busy lifestyles
2. Kid's activities
3. Taking care of elderly parents
4. Work schedules
5. Being involved in outside functions/activities
6. Traveling Plans
7. Limited food budget





**Who needs to take responsibility for making it a priority for you to eat healthy?**



**Answer: To be found by looking into the mirror.**

## Eating healthy will...

Help promote a healthy weight and better overall health.



## 3 Things We Know



- 1. Understanding of what healthy eating is.**
- 2. There are many things that interfere with healthy eating.**
- 3. Each of us are responsible to bring about change in our lives to promote healthy eating and healthy living.**



**The question is how do we bring about those changes  
that we need to eat healthy?**





# EATING HEALTHY AMONG THE RACE OF DAILY LIVING



## Behavior change is an essential component in successfully making dietary changes

- Behavior change needs to be long term.
- Behavior change does not happen over night.
- It happens because you make changes over time



## 1<sup>ST</sup>: Be Conscious of the Foods Consumed

Are these foods regular items in your meal plans?

What are they doing to your waistline and your health?



## 2<sup>ND</sup> - Eat Breakfast

BREAKFAST means--to break the fast.



Eating breakfast helps to start up our metabolism in the morning.



## Do You...



- Skip breakfast?
- Grab a sandwich and a drink from a fast food restaurant for breakfast?
- Grab a doughnut and a cup of coffee for breakfast?

## Skipping Breakfast Often Leads

To going to the vending machine midmorning due to  
being hungry



or

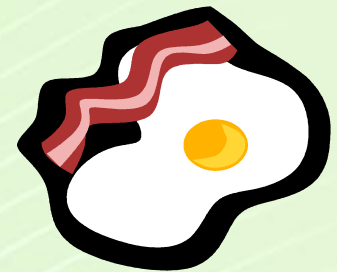
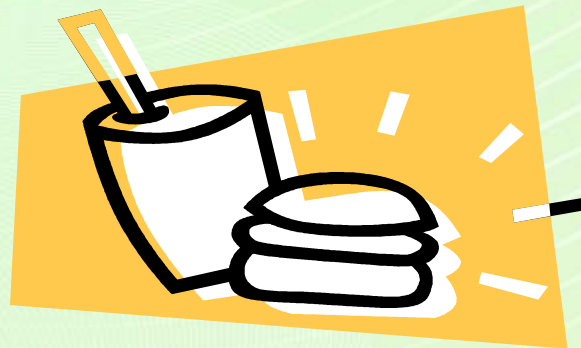
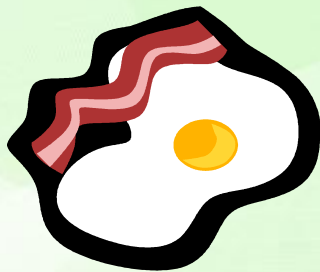


Overeating at lunch due to extreme hunger

## Do you know

How many calories you are taking in when you stop by a fast food location on your way to work and get a bacon, egg, cheese biscuit and a large Dr. Pepper?

ANSWER: 730 calories



## To Eat Out or Not To Eat Out



You may be thinking...it is either fast food or no food in the morning.



## **When You Do Eat Out**

### **Make Healthier Food Choices**



For example: A Canadian bacon, egg and cheese sandwich, apple slices and a sugar free beverage would provide approximately 305 calories

## Activity to try at home

- Place a brown paper sack on the table
- Then place a plastic spoon, fiber bar, container of yogurt and a piece of fruit in the bag.



**How long would it take for you to prepare a nutritious breakfast for yourself?**



**Question:** Will you take the time in the morning to eat a quick well balanced meal?

## Lunch

As you run into the afternoon, do you grab a sandwich at a local fast food restaurant, along with a large order of fries and a large soft drinks?





# Fast Food Comparison

Meal #1	Meal #2	Meal #3
<b>Double Cheeseburger</b> (440 calories) <b>Medium Fries</b> (380 calories) <b>Large Coke</b> (262 calories)	Regular Cheeseburger (300 calories) Small Fries (250 calories) Diet Coke (0 calories)	Regular Cheeseburger (250 calories) Side salad (20 calories) Fat Free Italian (35 calories) Diet Coke or Water (0 calories)
Total Carbs: 153 grams Total Fat: 43 grams Total Calories: 1082	Total Carbs: 66 grams Total Fat: 26 grams Total Calories: 550	Total Carbs: 42 grams Total Fats: 9 grams Total Calories: 305  <small>Nutrient content is estimated as products will vary from place to place.</small>

## Fast Foods

- Nutritional guides can help with healthy choices
- Compare carbohydrates, calories, and fat content

### Healthy choices:

- Grilled meats
- Plain hamburger, **NO** cheese
- Salads with low fat/no fat dressings
- Small or medium baked potatoes
- Deli sandwiches, no sauces or mayonnaise
- Chili



## Going Out to a Restaurant for Lunch or Dinner?

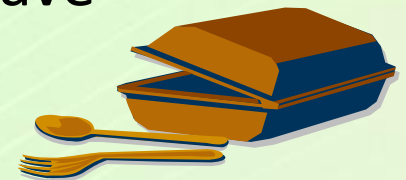
- Your order: Lasagna, salad w/regular dressing, 3 breadsticks, and large soda.



- Estimated caloric intake: 1250 calories

## **In this instance, if you ask for a take home box:**

- And cut your entrée in half, place two breadsticks in the take home container you will save approximately 280 calories.



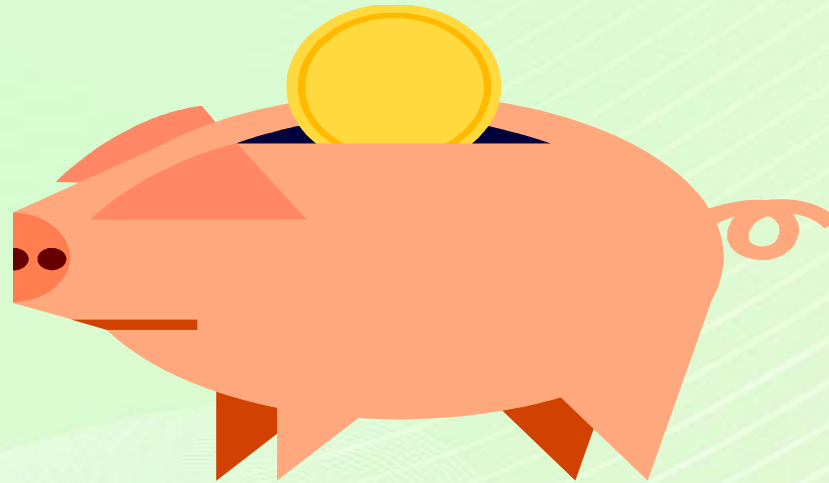
- If you ask for fat free salad dressing in place of the regular fat salad dressing you will have saved approximately 150 calories.



- By ordering a large diet soda or water in place of the regular soda you will have saved approximately 250 calories.

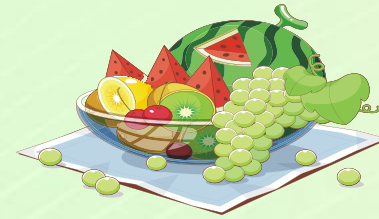


**TOTAL SAVINGS: 780 calories**



Is not the savings worth it for good health?

## Other Quick Ideas for Lunches



- Purchase frozen entrees. (You want to ensure that you eat a well balanced meal.)

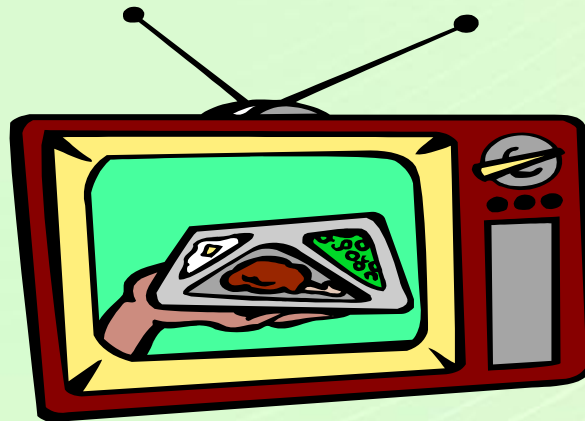
Therefore

- You might consider adding a salad and a piece of fruit with your frozen entrée.

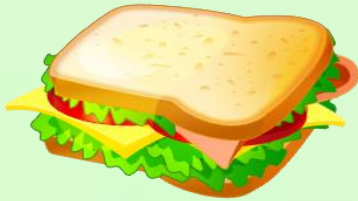
Or

- You might want to have some fresh vegetables and a low fat yogurt.

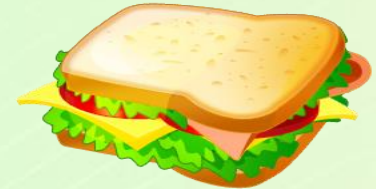
## Quick Lunch Ideas (Continued)



- You may make up your own T.V. dinners from leftovers on the days you do cook.
- You can take the T.V. dinners to work the next day or freeze for use on those days you just do not feel like cooking.



## Quick Lunch Ideas



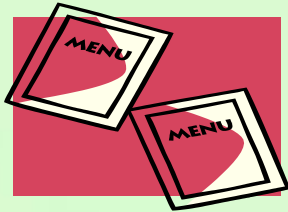
- You may make up 2 or 3 sandwiches and take to work with you...so that you don't have to prepare them everyday.
- You can take raw vegetables along with some fruit with you to work for a few days. You are eating healthy but the preparation time has been reduced.
- By taking in food for a few days at a time you don't have to think about taking time daily for your lunch preparation.



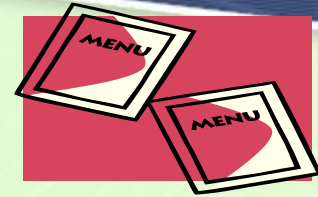
## NO TIME TO MAKE UP A SANDWICH



- Then you may consider buying a sub sandwich at local restaurant and depending on the size, divide for another meal.
- Then choose 2 of the following to add to your meal :  
vegetables, fruit, low fat yogurt, low fat puddings,  
salads



## Quick Lunch Ideas

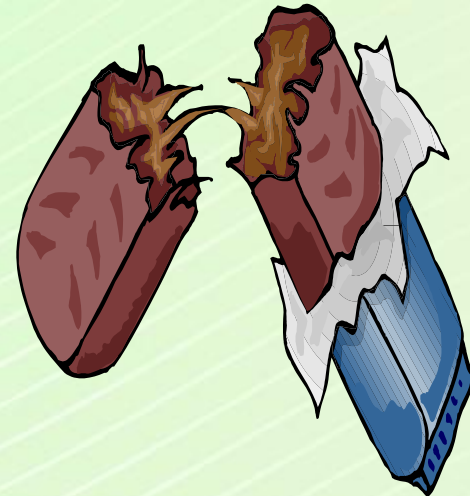


- Keep on hand canned chicken or tuna, flavored fresh pouches of tuna or “To Go” packets of peanut butter.
- Keep individual containers of fruit and sugar free pudding in an appropriate place in your work area.
- Then when your time is stretched to the maximum and there is no option other than to go to the vending machine for a bag of chips and a candy bar...there really is an option.

## Healthy Eating is About Choices We Make



*Verses*





## DINNER SCENARIO



- You just got home and you feel like you just ran 100 miles per hour throughout your day.
- Supper... who feels like cooking supper? You may order an all meat pizza: Eat 3 slices of the pizza, drink a large coke, and add 1 cup of ice cream for dessert. Hey, ice cream will give one some calcium.

**Approximate Caloric Intake: 2090**



## Alternative to Eating or Ordering Out for the Evening Meal



### Cook in advance



Purchase several pounds of hamburger if you are cooking for a large family...less if cooking for one or two.

You may brown some of the hamburger and then make spaghetti sauce with some of it, taco meat with a part of it, and Sloppy Joes with the rest of it.

You may take some of the ground beef and make up meatballs, meat loaf, and chili.

Or, you may just brown the meat and freeze to use it in as needed in recipes.

Then portion out what you need for a meal for the family and freeze the rest for use at another time.

**You May Think That You Have Better Things to Do With Your Time Than To Stand Around and Brown Hamburger**

**Time Saving Tip:**



Brown your ground beef in a crock pot.  
(By using a crock pot, you can be cooking while running errands, working, or even sleeping.)



## ...Idea to try...



Make up Sloppy Joe sauce, taco meat, and/or spaghetti sauce with meat—then portion into a muffin tin that has been sprayed with non-stick spray and freeze.

Once the meat is frozen, pop them out of the tin, put into freezer bags or containers, and label/date the items.

Individual servings are ready to go pronto!



## COOKING AHEAD



May be done with a variety of meats not just  
hamburger



## Well Balanced Evening Meals



- May be accomplished by adding vegetable, fruit, a dairy item, and a starch.
- Try keeping a bag of the salad greens in the refrigerator for a quick salad to add to the evening meal.
- Keep several bags of frozen non-starchy vegetables in the freezer to add to your meal.
- Using the frozen vegetables allows you to take out just what you need for a meal and can add variety to your meal.
- Keep fruit around for dessert. The natural sweetness of fruit often is enough to satisfy us and keep us away from the sugar containing desserts.

## REMEMBER



Go Lean on Meats...

Go Low Fat on Dairy Products...

Use Whole Grain Breads and Cereal...

And Don't Forget Those Fruits and Vegetables...

**Start today towards finishing your daily race by healthy eating.**



You can begin the race by simply making one or two changes in your daily eating habits.

**WHAT ARE THE CHANGES YOU THINK ARE REALISTIC  
FOR YOU TO ACCOMPLISH AT THIS TIME ?**