

# Eating on the Run



 **Deaconess**  
WEIGHT LOSS  
SOLUTIONS

# Do you Ask Yourself these Questions on a Typical Day?

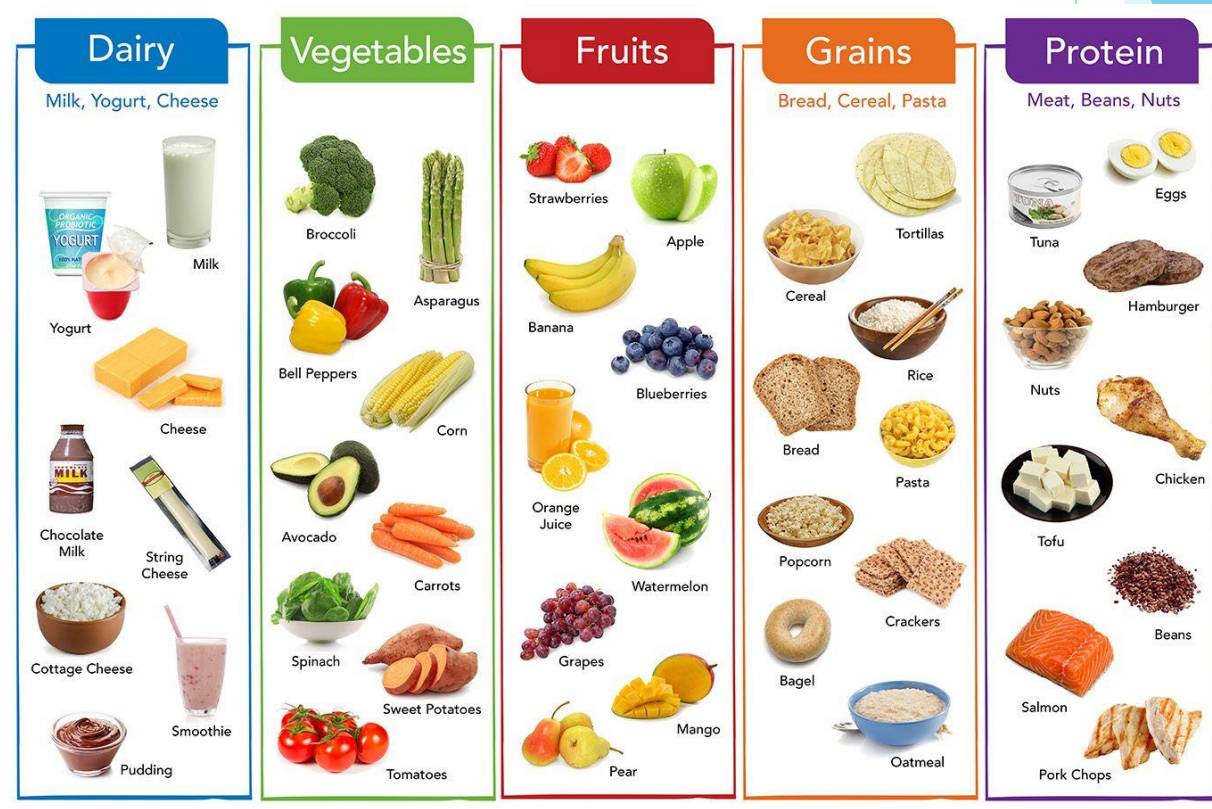
- ▶ Do you feel like you stay busy all day long?
- ▶ Does it seem like you can't catch a break?
- ▶ Do you feel like you have very little time to eat anything?
- ▶ If so, then you are attempting to eat on the run!
- ▶ Trying to eat healthy is difficult on days like this, and you probably eat just about anything you can get your hands on, so let's learn about how we can eat healthy while staying on the go!



# What Does Eating Healthy Look Like?

▶ Eating healthy is considered by:

- ▶ 1. Eating 3 meals and possibly planned low calorie snacks (if needed) each day ensures to not skip an eating time
- ▶ 2. Eating at least every 4-5 hours
- ▶ 3. Eating meals that are well balanced
- ▶ 4. Eating foods that provide adequate fiber each day
- ▶ 5. Drinking at least 6-8 cups (8 oz.) of water each day
- ▶ 6. Watching portion sizes so that too much of a certain food doesn't get eaten



# Obstacles of Healthy Eating

- ▶ Busy lifestyles
- ▶ Kid's activities
- ▶ Taking care of elderly parents
- ▶ Work Schedules
- ▶ Traveling
- ▶ Limited food budget
- ▶ Involved with other hobbies/activities



# Whose Responsibility is it to Eat Healthy?

- ▶ Answer: YOURS
- ▶ It is ultimately up to you what you choose to eat or not to eat



- ▶ If you wanna make the world a better place, take a look at yourself and then make a change. -Michael Jackson

# Eating Healthy Will...

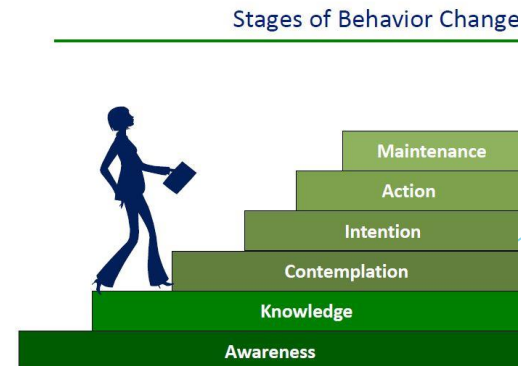
- ▶ Help promote a healthy weight and better overall health, and decrease the risk of diseases



- ▶ Yes, weight loss will occur when eating healthy, but most importantly, think about how amazing you will feel!

# How to Shift to Healthier Eating

- ▶ We know what healthy eating is, and we know that it is up to each one of us to decide what to eat and what not to eat, so how do we actually implement the needed change?
- ▶ Answer: By changing our behavior
- ▶ Behavior change needs to be long term
- ▶ Behavior change does not happen over night
- ▶ It happens because you make small changes slowly over time



# Behavior Change Part 1

- ▶ 1<sup>st</sup> be conscious of the foods consumed
- ▶ Ask yourself these questions:
- ▶ Am I eating the correct portion size of these foods?
- ▶ How many times a week or day am I eating these foods?
- ▶ Do they make me feel overly full or bloated?
- ▶ Are there certain foods I feel like I can't live without?





# Behavior Change Part 2

- ▶ Avoid skipping meals
- ▶ By starting your day with fuel, it helps to start up your metabolism. Skipping meals leads to a slower metabolism!
- ▶ A small breakfast is recommended over skipping: a protein shake and a piece of fruit is a great choice!



# Skipping Breakfast Often Leads to:

- ▶ Eating from the Vending machine
- ▶ Overeating at the next meal time (typically lunch)
- ▶ Low energy levels
- ▶ Increased snacking
- ▶ Difficulty meeting protein needs



# Quick and Easy Meal to Make

- ▶ Place a brown paper sack on a table
- ▶ Place plastic utensils, protein bar, piece of fruit, and a yogurt in the bag and you already have a healthy breakfast to-go! No need to pickup fast food.



# Little or No Time for Lunch?

- ▶ Here are some healthy ideas to implement:
- ▶ Meal prepping ahead of time so that your meals are already made
- ▶ Purchase frozen entrees (may need to add a fruit and/or dairy product to ensure meal is balanced) \*Read food label to ensure meal is a good option for you!
- ▶ Take a larger amount of food to work, or have handy in the fridge at home: a whole bag of carrots and an 8 oz. container of hummus with a bag of low-fat cheese sticks can last all week!



# Healthier Alternative for Cooking Dinner

- ▶ Cook in advance:
  - ▶ Purchase several pounds of hamburger (ground beef or turkey) if you are cooking for a large family, or less if cooking for one or two.
  - ▶ You can brown the hamburger and make spaghetti sauce with it, taco meat with a portion of it, or even sloppy Joes with another part. Basically utilizing the same cooked ingredient for various dishes helps to reduce cooking time!
  - ▶ Better yet: you can cook with a crock pot, therefore, the cooking happens while you are at work, running errands, or even taking a nap!



# Make the Right Choices Even with Little Time

- ▶ Even with very little time, you still get to decide what you eat each and every day!
- ▶ By planning ahead, it is easier to make healthier choices when eating.



# How to Help Implement Well Balanced 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



# Start Making Changes Today!

- ▶ It all starts with you!
- ▶ Begin by working on 1 or 2 changes in your daily eating habits until you accomplish those, and then begin the next 1 or 2 changes.
- ▶ What are some realistic changes you can make today?

