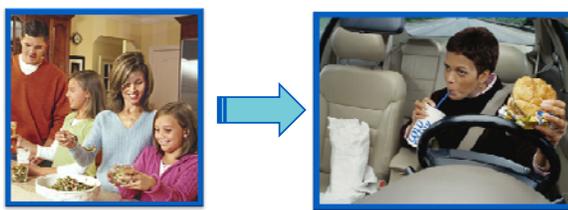




Healthy Eating Habits On-the-Go
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What happened to our eating habits?

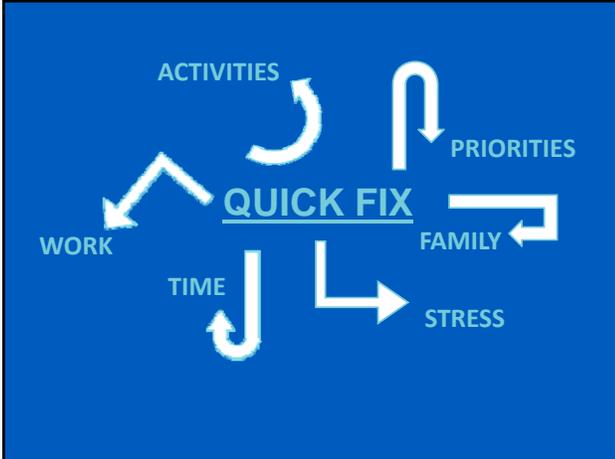


The Strive for Wellness logo is in the top right corner.

What happened to our eating habits?

- Busy schedules
- Time
- Lure of convenience
- Stress
- Work comes home
- Lack of education
- Budget
- Options
- Misinformation

The Strive for Wellness logo is in the top right corner.



Objectives 

- Participants will be able to name 3 strategies for healthy eating.
- Participants will be able to describe 1 way to use the 3 strategies for healthy eating when eating at home.
- Participants will be able to describe 1 way to use the 3 strategies for healthy eating when eating on-the-go.
- Participants will name 1 benefit of planning ahead.
- Participants will name 1 way to plan ahead for eating at home and on-the-go.



How should I eat?
3 Strategies for eating healthy at home or away.

How should I eat? 3 Strategies:



1. Eat the right foods
2. Eat the right amount – Portion Control
3. Increase opportunities to eat healthfully

1. Eat the Right Foods



- ✓ Protein
- ✓ Grains
- ✓ Fruits
- ✓ Vegetables
- ✓ Dairy

Choose **MyPlate**.gov

1. Eat the Right Foods



Choose **MyPlate**.gov

2. Eat the Right Amount

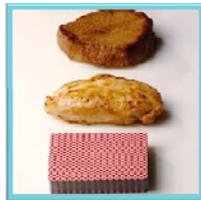


- ✓ Portion Control
- ✓ ½ plate fruits and vegetables
- ✓ ¼ plate grains
- ✓ ¼ plate protein

2. Eat the Right Amount



2. Eat the Right Amount



2. Eat the Right Amount



- Portion control helps control calories
500 Calories OR LESS per meal
200 calories OR LESS per snack
- 3 meals per day & 2 snacks
- 1500 calories + 400 calories
- 1900 calories*



*2010 Dietary Guidelines for Americans, women age 19-30 = 2000 calories per day, women age 31-50 = 1800 calories per day

2. Eat the Right Amount



2. Eat the Right Amount



Calories: 781 calories
 Fat: 33 grams
 Protein: 40 grams



Calories: 445 calories
 Fat: 18 grams
 Protein: 35 grams

3. Increase Opportunities to Eat Healthfully



- Plan for healthy eating
- Promote a healthy eating environment
- Seek out healthy options
- Make healthy choices

Using Healthy Eating Strategies At Home or On-the-Go



Eat the Right Foods



- **At Home**
 - Consider MyPlate when planning recipes
 - Always have a fruit or vegetable side
 - Don't forget whole grains
 - Choose lean proteins
 - Try healthy recipes!
- **On-the-Go**
 - Seek out healthful options
 - Variety is key



Eat the Right Amount



• At Home

- Follow My Plate
- ½ plate fruits and vegetables!



Eat the Right Amount



• On-the-Go

- Eating out
 - LOOK UP NUTRITION INFORMATION!
- Pack a meal or snack with MyPlate in mind

The Impact of Nutrition Information

Guess the Calories of Common Restaurant Menu Items

• Instructions:

- I provide pictures of food
- You guess the number of total calories

The Impact of Nutrition Information

Taco Bell Steak Cantina Burrito



The Impact of Nutrition Information

Wendy's Spicy Chicken Sandwich



The Impact of Nutrition Information

Applebee's Sizzling Chicken Fajitas



The Impact of Nutrition Information

Wendy's Garden Side Salad



The Impact of Nutrition Information

Wendy's Garden Side Salad
with Classic Ranch Dressing



The Impact of Nutrition Information

McDonald's Premium Caesar Salad with Crispy Chicken
with Creamy Caesar Dressing



The Impact of Nutrition Information

McDonald's Double Quarter Pounder with Cheese



The Impact of Nutrition Information

Subway Foot Long Sweet Onion Chicken Teriyaki Sandwich



The Impact of Nutrition Information

Arby's Market Fresh Roasted Turkey Sandwich



The Impact of Nutrition Information

Arby's Classic Roast Beef Sandwich



Don't Judge a Book by it's Cover!

LOOK UP THE NUTRITION INFORMATION BEFORE YOU BUY!

- Keep a list of favorites handy in the car or in your phone
- 20 + locations – required by law to have nutrition info
- Expect continued change in chain restaurants

MyPlate Meal Example: On-the-Go



- Ham and cheese roll-up
 - 3 slices deli ham
 - 1 slice pepper jack cheese
 - 1 piece lettuce
 - 1 tablespoon yellow mustard
- 2 cups salad with 2 tablespoons ranch dressing
- 1 mixed fruit cup

MyPlate Snack Example: On-the-Go 

- Snacks may seem tricky to choose when thinking of MyPlate
- Remember key components
 - Portion control (200 calories or less)
 - Variety: fruit, vegetable, grains, protein and/or dairy

MyPlate Snack Example: On-the-Go 

- Examples
 - Fruit and yogurt salad: ½ cup mandarin oranges, ½ cup grapes, 3 ounces yogurt
 - ½ peanut butter sandwich on whole wheat bread
 - 1 serving Pretzels with 2 Tablespoons hummus
 - 1 cup fresh cut veggies with 1 Tablespoon dressing, 1 serving cheddar cheese crackers

Increase Opportunities to Eat Healthfully 

- **At Home**
 - Plan ahead
 - Cook your meals
 - Increase the amount of fruits and vegetables you consume
 - Recipes
 - NIH Cookbooks: http://www.nhlbi.nih.gov/health/oh/heart/obesity/lose_wt/recipes.htm
 - Follow MyPlate at home
 - www.choosemyplate.gov

Increase Opportunities to Eat Healthfully 

- **On-the-Go**
 - Plan ahead
 - Know where you can find healthy options
 - LOOK UP NUTRITION INFORMATION!
 - Portion control
 - Add fruits and vegetables
 - Use an app!
 - MyFitnessPal, Livestrong MyPlate, etc.


The Benefits of Planning Ahead
At Home or On-the-Go

The Benefits of Planning Ahead 

- **Planning Ahead**
 - Puts you in control
 - Helps you manage feelings surrounding eating
 - Reduces stress



Planning Ahead
At Home

Planning Ahead at Home 

- **Plan Your Meals**
 - *Menu Planning* handout
 - *No Recipe Entrees* Handout
 - *Just Add One* Handout
 - Plan healthy recipes
 - Shop for the week
 - Cook and prep ahead
 - Plan ahead for dining out

Planning Ahead at Home 

- **Take Meals and Snacks To Go**
 - Breakfast
 - Lunch – at work
 - Dinner – if on-the-go
 - Utilize leftovers
 - Snacks
 - Have go-to options for your busiest days

Planning Ahead at Home



• **Quick take-along meal ideas**

- 1 Turkey sandwich, 1 apple, 1 cup cut bell peppers
- 1 Whole wheat tortilla filled with 2 Tbs. peanut butter, 1 teaspoon honey and 1 sliced banana
- 1 cup hot tomato soup in a mug, 3 ounces cheddar cheese cubes, 1 serving crackers
- 1 Toasted English muffin with 1 slice deli meat and 1 slice cheese, 1 cup carrot sticks with 2 Tbs. ranch dressing
- 1 Hot Pocket, 1 orange, 1 cup yogurt
- 1 whole wheat tortilla filled with 1 scrambled egg, salsa and ½ cup spinach

Planning Ahead at Home



• **Fast snack ideas**

- 5 Whole grain crackers, 2 ounces cheese, 1 sliced apple
- 1 low-fat yogurt or Greek yogurt
- Trail mix: 1 cup whole grain cereal, ½ cup dried fruit, 1 ounce nuts
- 1 cup fresh veggies and 2 Tbs. dip or dressing
- 1 Granola bar or cereal bar
- 1 Banana with 2 Tbs. almond butter
- ½ sandwich
- 1 Carnation instant breakfast shake



Planning Ahead On-the-Go

Planning Ahead On-the-Go



• **On-the-Go Plan**

- Plan to take something with you
- If you must eat out...
 - Choose a place to eat with healthy options
 - Plan to include a fruit or vegetable
 - Avoid fried
 - Look for advertised healthy options BUT...
 - Look up nutrition information before you go
 - Choose what you will eat before you arrive
 - Look up nutrition information at the restaurant

Planning Ahead On-the-Go



• **On-the-Go Plan**

- **Tips for selecting items from the menu**
 - Remember, aim for 500 calories or less TOTAL
 - Find a fruit or vegetable
 - Choose an entrée
 - Have calories left? Use them now or "save" for later!

On-the-Go Menu Selection Activity



- Wendy's: <http://www.wendys.com/>
- McDonald's: <http://www.mcdonalds.com/us/en/home.html>
- Taco Bell: <http://www.tacobell.com/>
- Subway: <http://www.subway.com/subwayroot/default.aspx>
- Casey's General Store: <http://www.caseys.com/>

Planning Ahead On-the-Go



• On-the-Go Plan

- Grab something from a local grocery store
 - Fresh fruit or veggies
 - Deli sandwich
 - Cereal or granola bars
 - Tuna salad kit
 - Can of soup
 - Frozen dinner (Smart Ones or Healthy Choice)



Recap

Recap



- 3 strategies for healthy eating.
 1. Eat the right foods
 2. Eat the right amount – Portion Control
 3. Increase opportunities to eat healthfully

Recap



- Ways to use the 3 strategies for healthy eating at home.
 - Consider MyPlate when planning recipes
 - Use MyPlate when dishing up meals
 - ½ plate fruits and vegetables!
 - Plan ahead
 - Cook your meals
 - Increase the amount of fruits and vegetables you consume

Recap



- Ways to use the 3 strategies for healthy eating on-the-go.
 - Plan ahead
 - Seek out healthful options
 - Variety
 - LOOK UP NUTRITION INFORMATION!
 - Pack a meal or snack with MyPlate in mind
 - Portion control
 - Add fruits and vegetables
 - Use an app!

Recap



- The benefits of planning ahead.
 - Puts you in control
 - Helps you manage feelings surrounding eating
 - Reduces stress

Recap



- Plan ahead for eating at home
 - Plan your meals
 - Prep and cook ahead
 - Take meals and snacks to go
- Plan ahead for eating on-the-go
 - Make an On-the-Go Plan
 - Pack something to take with you
 - Choose a restaurant with healthy options
 - Look up nutrition information before you go or at the restaurant
 - Remember our tips for selecting items from the menu
 - Grab from the local grocery store



*Remember, **YOU** have the ability to choose, to change and to Strive for Wellness!*




Any Questions?
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