

Healthy Eating in a Snap

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What We'll Cover

- ▶ How hectic lifestyles affect our eating habits
- ▶ The importance of planning ahead
- ▶ Time-saving tips for eating more healthfully

Grab N' Go Lifestyle

- ▶ We get into trouble because we don't plan
- ▶ We eat what is convenient
 - Tends to be high in sugar, sodium, and fat
 - Leaves out healthy foods like fruits, vegetables, and milk
 - Can lead to weight gain and chronic diseases, such as heart disease

Planning Ahead

- ▶ We cannot improve our eating habits if we don't plan ahead
- ▶ Planning ahead...
 - Saves you time, money, and energy
 - Improves your health
 - Puts you in control

Planning ahead

- ▶ It can be hard to accept the idea that you cannot “eat what you want, when you want”
- ▶ Eating has to become deliberate instead of spontaneous
- ▶ Start small and build on success

Time Saving Tips



Get to the Grocery Store

- ▶ This is the foundation of healthy eating in a snap!
- ▶ Can't choose the right foods if they are not available
- ▶ Tips
 - Plan your grocery trips
 - Plan meals and snacks for the week
 - Shop with a list
 - Keep a running list at home of what you need

Plan Your Meals

- ▶ Plan for ALL meals and snacks
- ▶ Tips
 - Make weekly menus and keep for future
 - Organize recipes so they are easy to find
 - Plan easier meals during the week
 - Think about how to “recycle” meals
 - Alter recipes to make them more convenient

Make Time for Breakfast

- ▶ Breakfast sets the tone for the entire day
- ▶ Tips
 - Set the alarm a few minutes early
 - Do other tasks the night before to make time
 - Brown bag it for the car or office
 - Keep a supply of foods at your office

Bring Your Lunch

▶ Tips

- Make extras at dinner and bring leftovers for lunch
- Freeze leftovers and make your own frozen meals
- Pack lunch the night before
- Bring a few days worth of lunches to work (think in bulk!)

Make Meals Ahead (or almost!)

▶ Tips

- Cook on the weekends when you have more time
- Prepare more labor-intensive meals on the weekend
- Double recipes and freeze half for later
- Use your crockpot
- Do as much prep as possible ahead of time
 - Cut veggies
 - Thaw meats
 - Marinade

Take it With You

- ▶ Being away from home is a trigger for eating unhealthy foods
- ▶ Tips
 - Keep snacks in your purse or car for when you are away from home
 - Store snacks in your office during the workweek (think in bulk!)
 - Know which restaurant meals are healthiest

Have a Plan B!

- ▶ Plans will go astray, so be prepared!
- ▶ Tips
 - Have “emergency” meals on hand
 - Store extra snacks and lunch foods at work
 - Think about the non-perishable foods you can keep at home or at work

Final Thoughts

- ▶ Start small and build on success
- ▶ Accept that things will not always go according to plan
- ▶ Know that with practice, planning ahead will become a habit and way of life

Questions?

Thank you for attending!