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
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
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!