

Healthy Eating on the Run



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Get a Glimpse Into the Future

- ▶ Look at your day, eat a lighter breakfast and lunch if you have plans to eat out for dinner.
- ▶ Do your research at your favorite places to eat so you are prepared a head of time for healthy choices when hunger strikes.
- ▶ Make a list a head of time of healthy brown bag lunch ideas.



Look for Key Words

- ▶ Menu items have clues to help make healthy choices

- ▶ Baked
- ▶ Broiled
- ▶ Grilled
- ▶ Poached
- ▶ Roasted
- ▶ Braised
- ▶ Steamed



Choose More of
These Options



Choose Sparingly

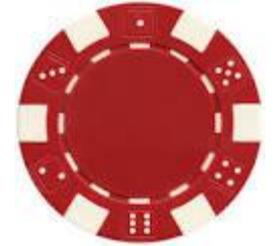
- ▶ Batter-Fried
- ▶ Pan-Fried
- ▶ Buttered
- ▶ Creamed
- ▶ Crispy
- ▶ Breaded



Topping Spoilers

Toppings can add unwanted calories

Cheese	100 calories per slice
Bacon	45 calories per slice
Mayonnaise	95 calories per 1 TBSP
Sour Cream	25 calories per 1 TBSP
Butter	100 calories per 1 TBSP
Ranch Dressing	75 calories per 1 TBSP
Tarter Sauce	95 calories per 1 TBSP



Did you know:
The size of a
poker chip
visually represents
1 TBSP



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Topping Winners

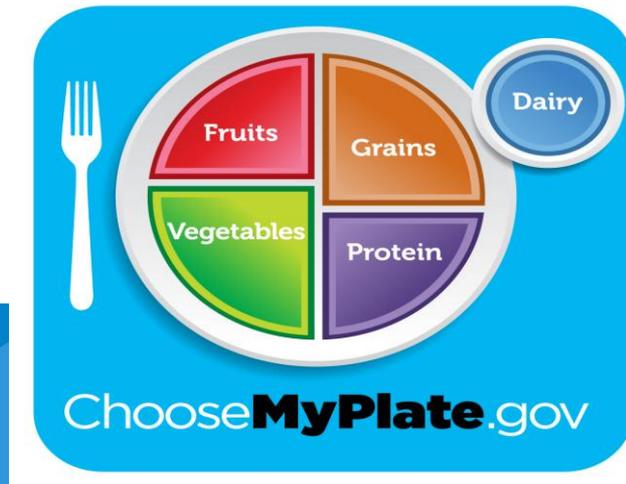
Yellow Mustard	3 calories in 1 TBSP
Dijon Mustard	14 calories in 1 TBSP
Honey Mustard	50 calories in 1 TBSP
Hummus	25 calories in 1 TBSP
Low-Fat Dressings	Calories will vary
Veggies	Minimal, calories will vary
Salsa	Minimal, calories will vary

Helpful Tip:
Ask for dressings on the side



Size Matters

- ▶ Share an entrée with someone
- ▶ Ask for half the entrée to be packaged up right when you order it to take home.
- ▶ Order an appetizer or kids' size meal
- ▶ Use “Choose My Plate” for a point of reference when eating anytime, anywhere.



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“Side” Line Action

- ▶ Choose a baked potato instead of French fries or potato chips
- ▶ Top potato with veggies/salsa instead of cheese, sour cream and/or butter
- ▶ Choose fresh fruit
- ▶ Limit diet and regular soda and opt for milk or water
- ▶ Choose brown rice instead of white or fried rice
- ▶ Non-fried corn tortillas are the best choice instead of fried or flour tortillas.

Did you know:

A medium size cola beverage
(21 ounces)
is an astounding
200 calories!



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Comparisons

Big Mac Sandwich:	534 calories
Fried Chicken Sandwich:	530 calories
Fried Fish Sandwich:	390 calories
Grilled Chicken Sandwich:	350 calories
Single Cheeseburger:	303 calories
Single Hamburger:	240 calories

The calories are an average estimate



Tips to be Successful

- ▶ Drink 8 ounces of water 30 minutes before eating.
- ▶ Dip your fork in the salad dressing with each bite.
- ▶ Put your utensil down between each bite.
- ▶ Ask for your meal to be served on an appetizer or salad plate.
- ▶ Enjoy broth/tomato based soup or salad before the entrée (watch salad toppings).
- ▶ Pass on “freebies” that come before your meal like chips and bread.
- ▶ Avoid buffets if possible, or only allow 2 trips focusing on salads and lean meat.
- ▶ Frozen yogurt, fresh fruit smoothies or sorbet are great sweet treats.
- ▶ If you want the “real deal” dessert, share with multiple forks.



Brown Baggin' It

- ▶ Focus on the food groups
- ▶ Whole wheat/multi-grain bread
- ▶ Natural deli meats
- ▶ Low-fat string cheese, low-fat yogurt, low-fat cottage cheese
- ▶ Fruits and veggies
- ▶ Healthy snacks
 - PB and crackers, trail mix, tuna fish kit, low-fat popcorn, pretzels, low-fat chocolate milk

Helpful Tip:

Pack your lunch and snacks the night before to save time in the morning.



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Questions



Resources:

- www.ChooseMyPlate.gov
- www.CalorieCounter.com
- American Dietetic Association



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