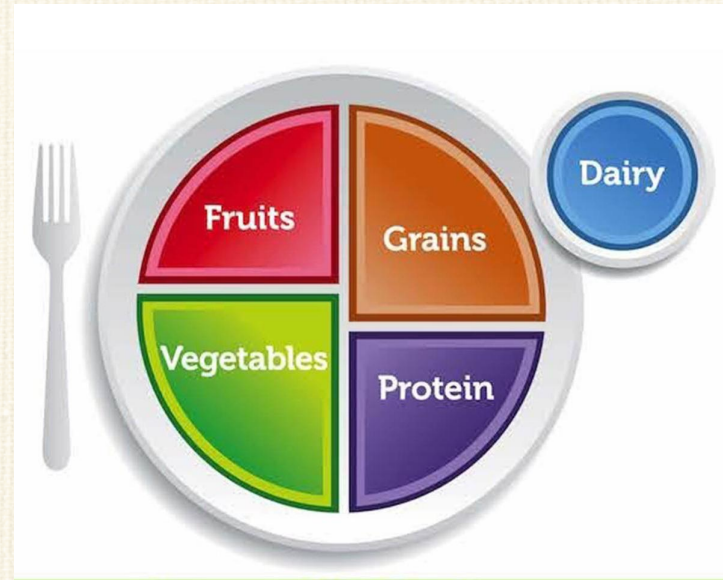


Healthy Eating Strategies for Busy Professionals

Itinerary

- “Healthy Eating”
- Big Picture Ideas
- Meal by Meal

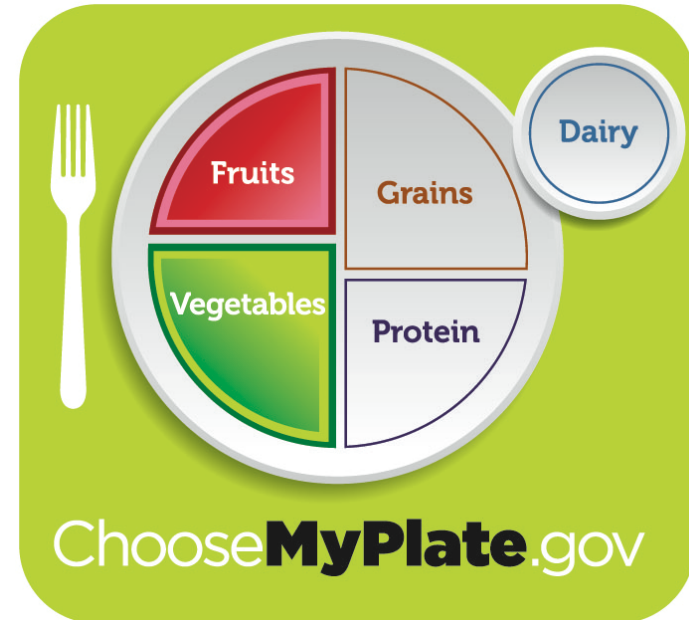


Where Do We Start?

How does one define “Healthy Eating?”

Do's - Fruits and Vegetables

- ½ your plate fruits and non-starchy vegetables/salad
- Enjoy fresh, or frozen ideally
 - Canned veggies without added salt or flavorings
 - Canned fruit packaged in “own juices”, avoid syrup
- Variety → Colors
- Aim for 5 cups per day (limit to 2 cups of fruit).

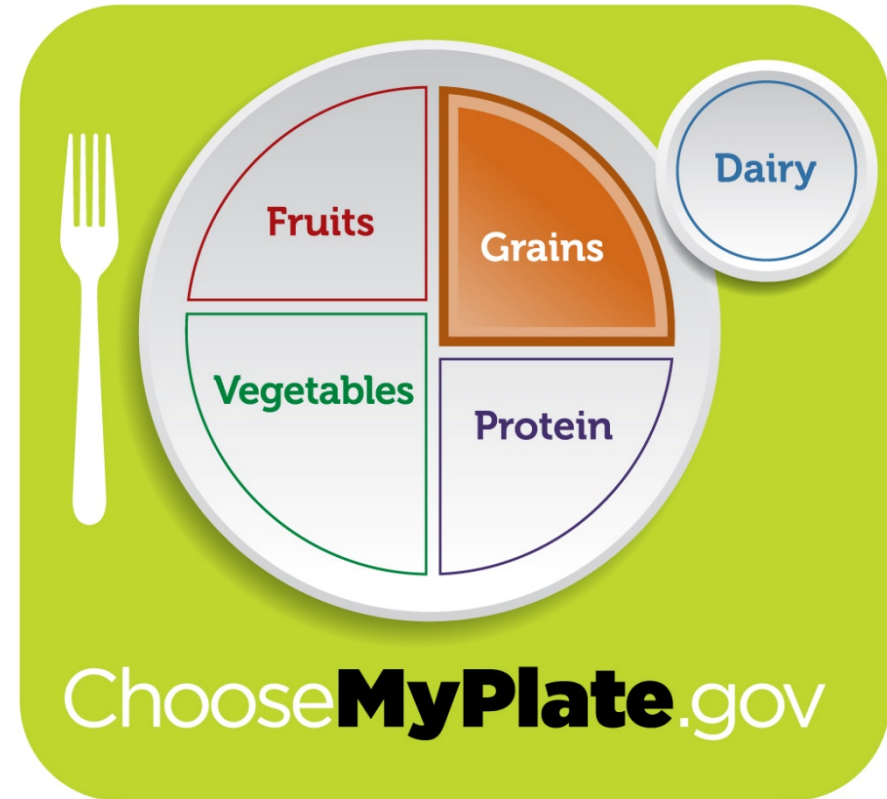


Do's – Grains/Starchy Vegetables

- ¼ of Your Plate:
 - Whole grains (whole wheat, brown or wild rice, quinoa, farro, barley, oats)
 - Starchy Vegetables (potato, corn, peas, winter squash)
 - legumes/beans



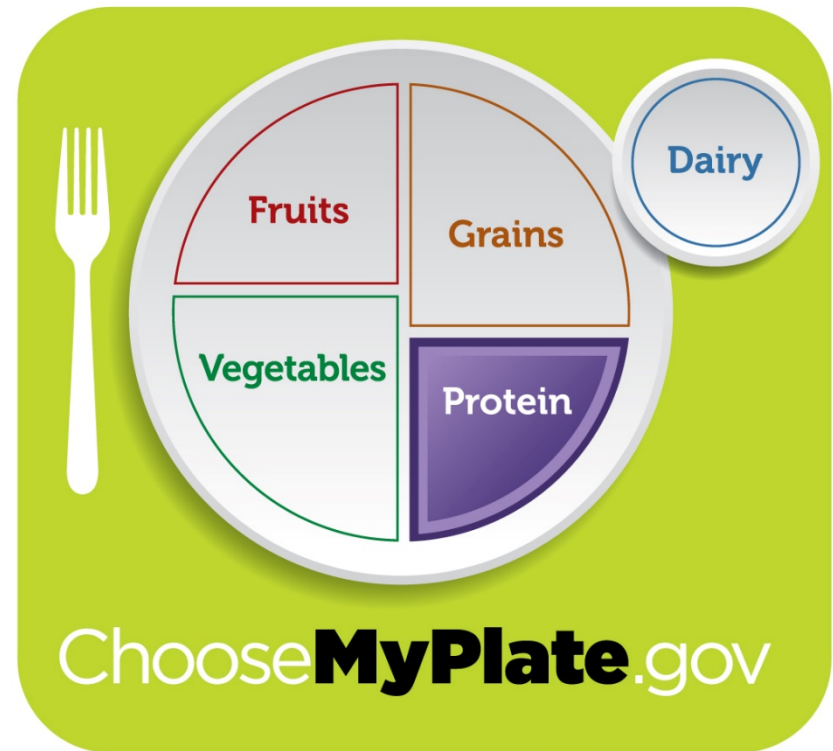
Fruit and Vegetables



Goal: 25-32g fiber per day.

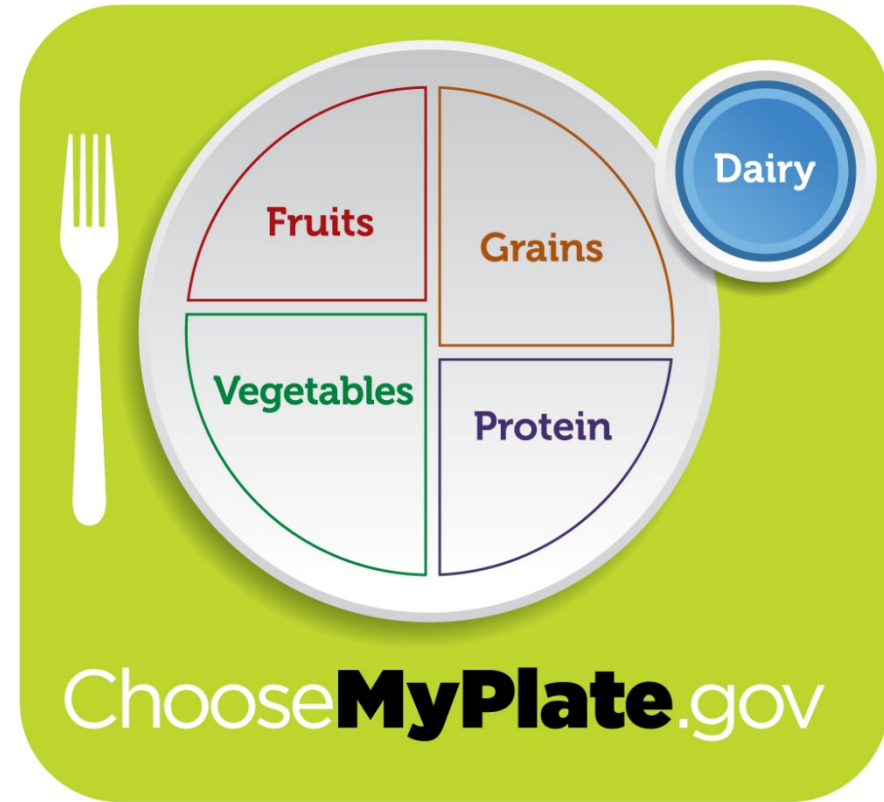
Do's - Protein

- $\frac{1}{4}$ of your plate lean protein
- Meat, poultry, fish, eggs, cheese, beans/legumes, nuts & seeds
- Provide 7grams protein per ounce
 - The average person needs about 70 grams per day.



Do's – Dairy/Non-Dairy Alternatives

- 2- 3 servings daily
 - Yogurt, cheese, milk and non-dairy equivalents
 - Soy, rice, oat, coconut, almond - based
 - Fat-free, low fat ideally



Do's – Fats

- Unsaturated fats
 - Olive oil, canola oil, avocado, nuts and seeds, and nut butters
- Omega-3 fatty acids
 - Plants: Flaxseeds, chia seeds, and walnuts
 - Fatty fish: Salmon, tuna, sardines/anchovies, etc.



Do's – Beverages

- Water
- Coffee, tea
- Calorie-free beverages
 - Seltzers

Limits – “Moderation”

- Added sugars and sugar-sweetened beverages
 - “Syrup”
 - “-ose”
 - Juice
- Solid fats and Trans Fats
 - Room temperature: fatty meats, butter, cream, whole milk and whole milk products (ice cream, half and half), and tropical oils (palm, palm kernel, and coconut).
 - “Hydrogenated”: Baked goods, crackers, etc.
- Refined Grains (**White**)
 - “Enriched”
 - “Unbleached”
 - “Wheat” – without “Whole” before
- High-sodium foods (>300 mg per serving)

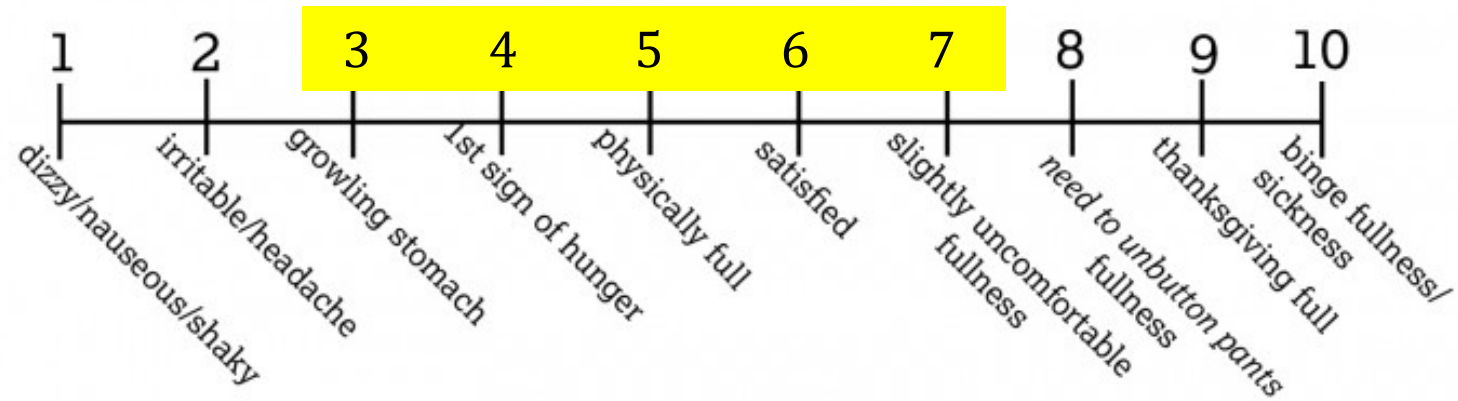


Intuitive Eating

Eat Intuitively

Eat when you're hungry, stop when you're full

HUNGER & FULLNESS SCALE



H.A.A.L.T.B

- **Hungry?**
 - Or.....
- **Angry**
- **Anxious**
- **Lonely**
- **Tired**
- **Bored**



Ok...I know How to Eat
Healthy

But I'm really busy

So now what do I do?

(Big Picture Ideas)

- PLAN!!
 - Meals
 - Make Grocery list
 - Instacart / Peapod / Amazon Shopping – Whole Foods
- Keep a well-stocked pantry
- Have pre-portioned snacks on hand
- Water Bottle
- Have options when plans fall through (Last Resort)

- Have go-to recipes or meals
 - Try one new recipe each week if you're able
- Cook once → eat twice...or thrice!
- Use your freezer

Ideas For Specific Meals

Breakfast – Don't Skip It

- Quick pre-prepared

- Overnight Oats
- Boiled Eggs
- Mini Egg Frittatas with veggies
- Greek Yogurt
- Smoothies
- Whole Wheat English Muffin w/ nut butter



- Time Saver's

- Protein Bar
- RTD Protein Shake
- Just crack an egg



- Last Resort

- Dunkin', Honey Dew, etc
- Starbucks

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Sandwiches																
Ham, Egg and Cheese on a Plain Bagel	1 Sandwich	500	15	5	0	190	1330	68	4	9	5	24	1	293	136	5
Power Breakfast Sandwich	1 Sandwich	420	23	8	0	60	980	28	5	5	3	25	0	344	199	2
Sausage, Egg and Cheese Wake-Up Wrap	1 Wrap	290	21	8	0	120	710	15	1	1	0	10	1	128	146	2
Sausage, Egg and Cheese on Croissant	1 Sandwich	720	52	20	0	220	1120	42	2	6	5	21	5	261	152	4
Sausage, Egg and Cheese on English Muffin	1 Sandwich	560	35	12	0	220	1140	40	2	4	3	21	2	260	151	3
Sausage, Egg and Cheese on a Plain Bagel	1 Sandwich	680	34	12	0	220	1500	68	5	8	4	26	2	330	162	5
Spam Breakfast Sandwich	1 Sandwich	630	42	17	0	200	1210	41	1	6	5	20	4	251	129	3
Turkey Sausage Sandwich on English Muffin	1 Sandwich	460	22	7	0	240	1120	39	1	4	3	26	2	270	137	4
Turkey Sausage Wake Up Wrap	1 Wrap	240	15	6	0	115	680	15	0	1	1	11	1	122	135	2
Veggie Egg White Sandwich on a Multigrain Thin	1 Sandwich	290	13	5	0	20	550	27	5	4	3	17	0	246	193	2
Veggie Egg White Wake-Up Wrap	1 Wrap	190	10	4.5	0	20	390	15	1	1	0	9	0	93	187	1
Veggie Egg White and Bacon Wake-Up Wrap	1 Wrap	190	10	4.5	0	20	620	15	1	2	1	9	0	134	127	1
Veggie Egg White and Beyond Sausage(R) Wake-Up Wrap	1 Wrap	250	15	6	0	20	530	15	1	1	0	14	0	140	217	2
Veggie Egg White and Ham Wake-Up Wrap	1 Wrap	170	8	3.5	0	20	650	15	1	2	1	9	0	131	127	1
Veggie Egg White and Sausage Wake-Up Wrap	1 Wrap	260	18	7	0	35	730	16	1	1	0	10	0	149	139	1
Veggie Egg White and Turkey Sausage Wake-Up Wrap	1 Wrap	220	12	4.5	0	35	710	15	1	2	1	11	0	144	129	1

The Smoothie Matrix

- 1) Fluid



- 2) Fruit



- 3) Protein



Snacks i.e. “Small Meals” (not to be confused with “treats”)

- Buy/cook in bulk and portion out
- **Balanced Snack = Carbohydrate + Protein/Fat**

Mix and Match Snacks

Carbohydrate

- Whole grain crackers/toast/pita, etc.
- Fruit or Dried Fruit
- Popcorn
- Pretzels
- Roasted chickpeas/edamame

Protein / Fat

- Cheese
 - String/Babybel/Laughing/Cottage
- Greek Yogurt (protein + carb)
- Nut butter/Nuts
- Hummus
- Milk (protein + carb)
- Low Sodium Deli Meat
- Canned tuna/salmon



Lunch

- Pack the night before
- Leftovers/Meal Prep
- Sandwiches
- Salads
- Cut-up veggies and dip

Meal Prep

- Pro's
 - Cost effective
 - You have control
- Con's
 - Repetitive
 - Time-consuming initially



Dinner

Dinner

- “Sheet Pan Dinners”
- Pre-chopped/prepared produce
- Frozen or pre-packed vegetables and grains
- Canned beans

