



Healthy Lunches

That Work



Part One



Objectives

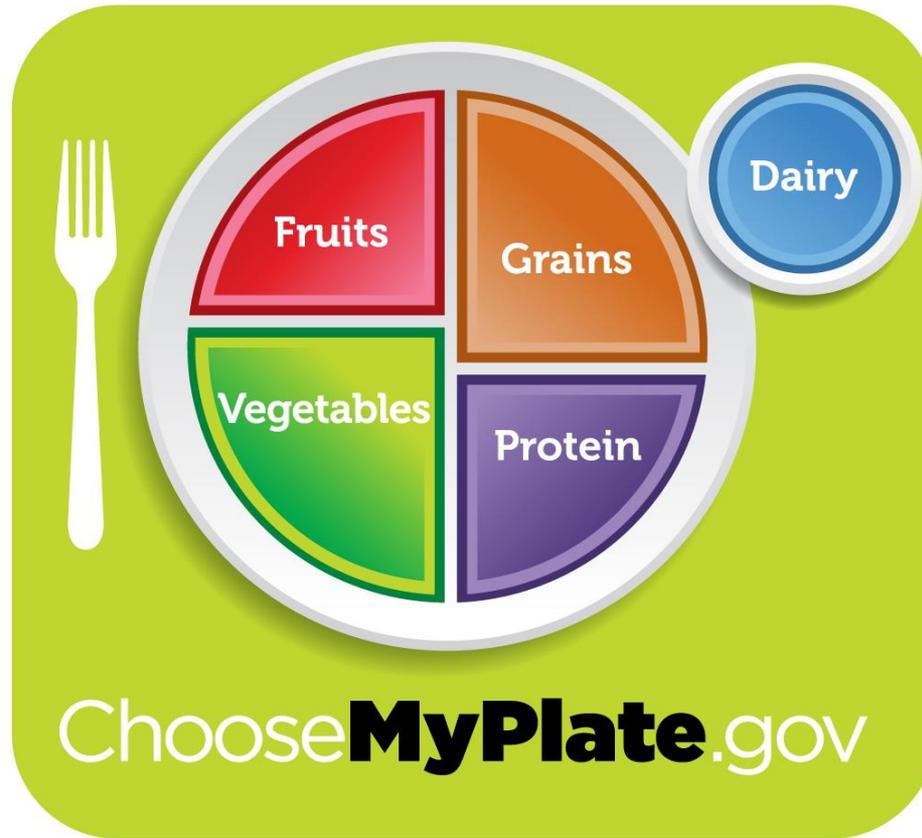
- ▶ Today we will discuss:
 - Part 1
 - Hunger and Satiety Scale
 - What makes a good lunch
 - Fast food chat
 - The afternoon slump

Hunger and Satiety Scale

- ▶ The hungrier you are when you begin eating, the higher your fullness number is likely to be when you stop.
- ▶ If you start eating at a 3 or 4, you'll be more apt to stop at a 6 or 7, satisfied, but not overfull.

Empty		Ravenous	Hunger Pangs	Twinge Of Hunger	Neutral Neither Hungry Nor Full	Satisfied		Full	Stuffed	Sick
0	1	2	3	4	5	6	7	8	9	10

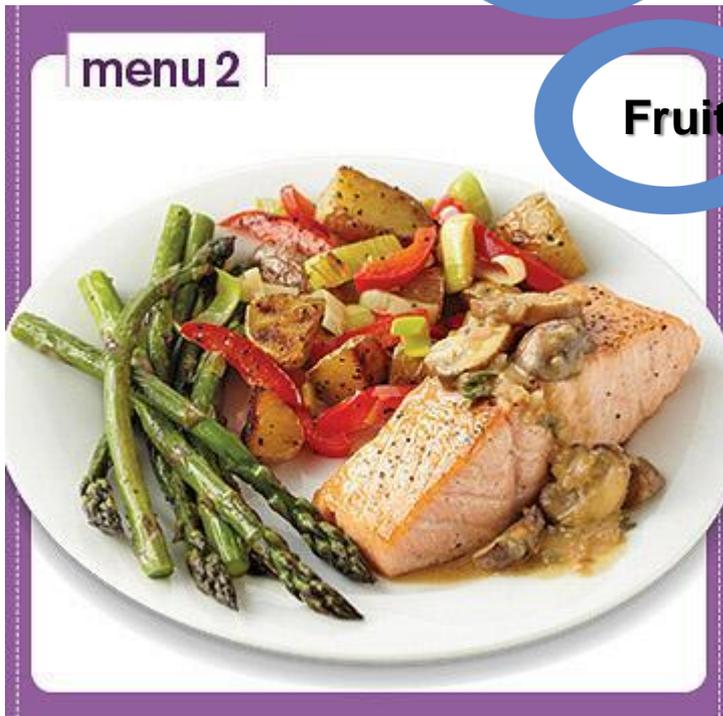
My Plate



Dietary Guidelines

Milk

Fruit



- ▶ Lots of vegetables
- ▶ Fruit (whole fruit–skin on is best)
- ▶ Fish–2 to 3 times per week
- ▶ Lean cuts of chicken and turkey
- ▶ Whole grains
- ▶ Beans and lentils
- ▶ Nuts
- ▶ Non/low fat dairy products
- ▶ Lean cuts of beef and pork
- ▶ Eggs (balanced with egg whites)
- ▶ Liquid oils for cooking instead of solid fats like butter
- ▶ Plant sources of fat, like avocado, nuts, seeds

Typical Fast Food



- ▶ Lots of vegetables
- ▶ Fruit (whole fruit–skin on is best)
- ▶ Fish–2 to 3 times per week
- ▶ Lean cuts of chicken and turkey
- ▶ Whole grains
- ▶ Beans and lentils
- ▶ Nuts
- ▶ Non/low fat dairy products
- ▶ Lean cuts of **beef** and pork
- ▶ Eggs (balanced with egg whites)
- ▶ Liquid oils for cooking instead of solid fats like butter
- ▶ Plant sources of fat, like avocado, nuts, seeds

The Afternoon Slump

▶ Why?

- Carb heavy lunch: *white, refined carbs*
- You've been sitting
 - Your body associates stillness with going to sleep.
- Dehydration (as little as 1.5% loss of your body's water weight).
- Drop in body temperature
 - This happens naturally; 2:00 p.m. to 4:00 p.m.
 - Melatonin

Part Two



Objectives

- ▶ Today we will discuss:
 - Part 2
 - Fast lunch pairings
 - Budget items
 - Dinner ideas
 - Buy smart
 - Sugar, salt
 - Frozen meal guidelines

Fast Lunch Pairings



Budget Items

- ▶ Brown rice
- ▶ Beans
- ▶ Tuna
- ▶ Eggs
- ▶ Frozen vegetables
- ▶ Yogurt
- ▶ Whole wheat pasta
- ▶ Oatmeal
- ▶ Buying in season
- ▶ Buying in bulk (sharing if needed)
- ▶ Buying less prepared



Dinner Ideas

- ▶ If you make dinner, you always have lunch!
 - Stir fry bliss
 - www.skinnytaste.com
 - www.cooksmarts.com
 - Test Kitchen Recipes

Choosing Products Wisely

▶ Sugar

- 1 tsp sugar=4 grams

▶ Salt

- 1 tsp salt=2300 mg
- $\frac{1}{2}$ tsp salt=1200 mg
- $\frac{1}{4}$ tsp salt=600 mg

Finding Whole Grains

- ▶ Look for the word **whole**.
- ▶ Look for the whole grain stamp.
- ▶ Or...use the 10:1 ratio
 - (total carb to fiber).
 - Products meeting this ratio were higher in fiber and lower in trans fats, sugar, and sodium, without higher calories.

Frozen Meal Guidelines

- ▶ 500 calories or less per serving
- ▶ 3 grams of saturated fat (or less) per serving
- ▶ 600 mg of sodium or less per serving



Lunch Ideas

- ▶ Take 15–20 minutes each week to gather ideas
- ▶ Websites:
 - www.skinnytaste.com
 - www.budgetbytes.com
 - www.melskitchencafe.com
 - www.elliekrieger.com

Questions or Comments?

Thank You!