



Participant Guide

Life in the Fast Lane: A Guide to Healthy Eating

Overview

Some people claim that their lives are so busy that they don't ever have the time to exercise. Others simply state that they are too tired and can't seem to muster the energy after working a full day. These same people are often concerned about their physical condition and tend to believe that good health is beyond their reach—out of their control. However, even if one is not able to control their schedule, they are able to control what they eat. And healthy nutrition is a choice we can make and a commitment we can maintain to participate in our overall wellness.

Webinar Length: 1 Hour

Agenda

- Goals and Objectives
- Know the Facts
- Build a Strategy
- Launch the Attack
- Wrap Up



Sobering Statistics

- 200 fast-food hamburgers are eaten each second
- Most meals eaten out are of poor nutritional quality
- 50% of adults rely on frozen, packaged, or take-out meals for dinner
- Adults rarely have more than 30 minutes to fix a meal



Instructional Goal

- Gain the tools and support to maintain a nutritious diet in the midst of a busy life
- By end of seminar, you will be able to:
 - ✓ Outline one-day menu plan that promotes personal health goals
 - ✓ Identify 3 factors necessary for easy, nutritious food preparation
 - ✓ Name at least 2 ways to improve healthfulness of food choices away from home

Survival Guide to Healthy Eating

- Know the Facts
- Build a Strategy
- Launch the Attack



Know the Facts

- Understand “Big Picture”
- Dietary Guidelines for Americans 2020-2025



The Guidelines

- Follow healthy dietary pattern at every life stage
- Customize/enjoy nutrient-dense food & beverage choices
- Meet food group needs – and stay within calorie limits
- Limit food & beverages higher in sugars, saturated fat, sodium
- Limit alcoholic beverages



My Plate

- Icon reminds us to eat healthfully
- Illustrates the 5 food groups using familiar visual – a place setting
- USDA website offers tools and information at www.ChooseMyPlate.gov



Food Group	My Food Choices	Amount Eaten	Daily Goals: 2000 calories	Met Goal Yes / No
Grains			6 Ounces (1/2 cup = about 1 ounces)	
Vegetables			2 ½ cups	
Fruits			2 cups	
Milk			3 cups	
Meat & Beans			5 ½ ounces (1/2 cup beans, 1 egg, or 1/3 cup nuts = 1 ounce of meat)	

Know the Facts

- Habits like diet & exercise affect chronic disease risk
- Diet helps manage many ongoing health conditions
- Set diet goals based on your health and those you care for



Medical Condition	Dietary Action Steps	Important Nutrients
Hypertension	<ul style="list-style-type: none"> • Weight reduction as needed. • Moderate sodium intake. • Adequate mineral intake. • Moderate alcohol intake. 	Potassium Calcium Magnesium
Heart Disease	<ul style="list-style-type: none"> • Weight reduction as needed. • Low-fat foods, keeping total fat to <30% of calories but at least 15 gm/day. • Saturated fat <10% of calories. • Avoid trans-fatty acids. • Within fat allowance, choose primarily monounsaturated fats. • Fiber intake 20-35 gm/day by choosing whole grains, legumes, and a variety of vegetables and fruits. • Consider a low-fat, high-fiber vegetarian diet. 	Vitamin C Folic acid Omega-3 fatty acids Phytochemicals
Diabetes	<ul style="list-style-type: none"> • Weight reduction as needed. • Manage carbohydrate load. • Heart-healthy diet (see above but limit saturated fat to <7% of calories.) 	B-complex Vitamin C Magnesium Chromium
Cancer Prevention	<ul style="list-style-type: none"> • Low-fat foods. • Liberal vegetables and fruits. • Eat cruciferous vegetables often. • Fiber intake 20-35 gm/day. • Emphasize monounsaturated fats and minimize saturated fats. • Avoid alcohol. • Avoid salt-cured, smoked, or nitrite-preserved foods. 	Vitamin C Phytochemicals

Know the Facts

- **Sources of monosaturated fats**
Avocado, canola oil, olives/olive oil, nuts, peanut butter, sesame seeds
- **Cruciferous vegetables**
Cabbage, broccoli, Brussel sprouts, cauliflower, greens, Bok choy, turnips, rutabaga
- **Sources of omega-3 fatty acids**
Mackerel, salmon, tuna, herring, anchovies, trout, canola oil, walnuts, flax seed, chia seeds



Build a Strategy

- Get organized
- Prepare kitchen for efficiency
- Make planning a priority



Organize for Speed

Cupboards

- Keep items used most within reach
- Group similar items
- Alphabetize herbs & spices

Countertops

- Avoid clutter to keep area ready for use
- Keep only items used daily on the counter

Refrigerator

- Use pre-organized areas for food storage
- Rotate contents by "first in, first out"
- Freeze leftovers to avoid waste
- Label and date leftovers
- Group similar foods together

Drawers

- Eliminate "junk" & items rarely used
- Use partitions as needed

Organize for Speed

Helpful tools for quick & easy food preparation

- Microwave
- Food processor
- Wok
- Knife sharpener
- Air Fryer
- Microwaveable storage containers (in various sizes)
- Crockpot or "slow cooker"
- Kitchen shears
- Non-stick skillet and baking pans
- Electric Pressure Cooker

Make Planning a Priority

- Look for opportunities to plan
- Make use of waiting time
- Plan 5 meals in 5 minutes
- Think of simple meals to make
- Keep meal plans flexible
- Use list of meals as framework for further planning



SNACKS	Savory	Sweet
Crunchy	<ul style="list-style-type: none"> - Rice cakes - Low-fat popcorn - Whole grain crackers - Raw vegetables + low-fat dip - Baked tortilla chips + salsa 	<ul style="list-style-type: none"> - Granola bar - Crisp apple - Gingersnaps - Graham Crackers - Toasted cinnamon-raisin bread
Smooth	<ul style="list-style-type: none"> - Cup of soup - Cottage cheese - "String" cheese (mozzarella) - Vegetable juice 	<ul style="list-style-type: none"> - Non-fat fruit yogurt- - Non-fat pudding Instant oatmeal - Sugar-free cocoa
Mini-meals	<ul style="list-style-type: none"> - Half sandwich - Baked potato with low-fat chili - Smoked turkey rolled in tortilla 	<ul style="list-style-type: none"> - Graham cracker + peanut butter - English muffin + cottage cheese+ honey ("Dieter's Danish") - Cold cereal + milk

Think Ahead to Save Time

- Pre-set as much as possible
- Make early decisions about next meal
- Determine breakfast night before
- Choose dinner meal before 3:00 pm
- Pre-prep recipe components
- Make planned leftovers



Share the Experience

- Get family involved
- Encourage choice & participation
- Eat together as much as possible



Two to three-year old can:	<ul style="list-style-type: none"> • Wipe the table • Stir orange juice • Pour milk from a small pitcher • Set the table from a diagram • Load spoons into the dishwasher
Four to five-year old can:	<ul style="list-style-type: none"> • Set a complete table • Cut vegetables for salads • Help with simple desserts • Help load the dishwasher • Grate cheese • Carry own dishes to the sink • Mix salads • Use vegetable scraper to peel carrots • Put away groceries
Six to ten-year old can:	<ul style="list-style-type: none"> • Cook from recipes • Clean up after cooking • Wash dishes • Pick fruit • Help clean refrigerator
Age eleven and older can:	<ul style="list-style-type: none"> • Work almost equally with parents in meal preparation and clean up • Start to plan a week's menus • Help shop for the family's weekly groceries

Eating Out – Maintain Moderation

- Eat slowly
- Pack half of large entrees “to go”
- Skip or share desserts
- Allow yourself only one plate at buffets



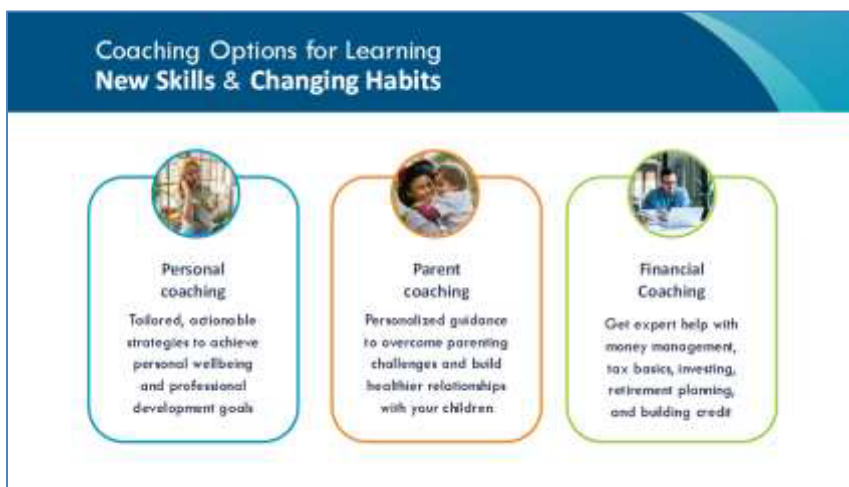
A Survival Guide to Healthy Eating

- Launch the attack – Personal Action Plan
- I resolve, for the purposes of improving ...
- I will work toward ...
 - Dietary balance by ...
 - Organizing myself for healthy eating by ...
 - Improving food choices away from home by ...





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- Personalized support solutions – like videos, apps, articles, and guided exercises
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Questions? Comments

Thank you!

Please complete the Survey Monkey
<https://www.surveymonkey.com/r/3VHDNPS>

Wrap Up:

We have covered a great deal of information today.
Do you have any questions or comments on what we covered?

Please complete the Survey Monkey Questionnaire.
<https://www.surveymonkey.com/r/3VHDNPS>

Life in the Fast Lane

A Guide for Healthy Eating



Organize for Speed

Cupboards	<ul style="list-style-type: none">• Keep items used most within reach• Group similar items• Alphabetize herbs & spices
Countertops	<ul style="list-style-type: none">• Avoid clutter to keep area ready for use• Keep only items used daily on the counter
Refrigerator	<ul style="list-style-type: none">• Use pre-organized areas for food storage• Rotate contents by "first in, first out"• Freeze leftovers to avoid waste• Label and date leftovers• Group similar foods together
Drawers	<ul style="list-style-type: none">• Avoid clutter to keep area ready for use• Keep only items used daily on the counter

Tools for Quick & Easy Food Preparation

<ul style="list-style-type: none">• Microwave• Food processor• Wok• Knife sharpener• Air Fryer	<ul style="list-style-type: none">• Microwaveable storage containers (in various sizes)• Crockpot or "slow cooker"• Kitchen shears• Non-stick skillet and baking pans• Electric pressure cooker
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