



Eating Healthy at Work and on the Run

Overview

- ▶ Take Control of Your Diet
- ▶ What are healthy foods?
- ▶ Explore different food sources at the workplace

Take Control of your Diet

- ▶ Plan your meals
- ▶ Prepare for hunger and snacking urges
- ▶ Avoid fasting
- ▶ Snacking is healthy
- ▶ Balance your food choices
- ▶ Focus on food



Energize with Healthy Foods

- ▶ Whole Grains
- ▶ Fruit
- ▶ Vegetables
- ▶ Legumes (nuts)
- ▶ Protein
- ▶ Low-fat dairy

Workplace Nutrition

- ▶ Sources of Food
 - Vending
 - Cafeteria
 - Stocked snacks
 - Sack Lunch
 - Fast Food
 - Pot Luck



Vending

Healthy choices can be a challenge

- Nutrition information not visible
- Product names and product information may be misleading

Affordable Care Act - will require calories to be displayed

- Vendors that have 20+ machines
- Will be implemented in 2012

Vending at the State Level

- ▶ Pilot in 2 buildings on Capitol Complex
- ▶ Currently conducting focus groups to determine vending machine habits
- ▶ Will develop messages to motivate consumers to select healthier options
- ▶ Goal: all state-owned buildings, rest areas and state parks will offer at least 30% of options as healthy

Nutrition Environment Measures Survey – Vending (NEMS-V)

- ▶ [Nutrition standards for NEMS-V](#) – based on Institute of Medicine Nutrition Standards for Foods in Schools
 - Modified to support the [Iowa Healthy Kids Act](#) passed in 2008
 - Other modifications have been made for consumers older than 18.
- ▶ The food and beverage standards are divided into color codes based on their nutrition profiles.

NEMS-V Color Codes

- ▶ **RED** food and beverages are not as healthy and fall outside the Dietary Guidelines for Americans.
- ▶ **YELLOW** food and beverages are healthy foods that meet the Dietary Guidelines, but do not provide a serving of fruit, vegetable, low-fat dairy or whole grain.
- ▶ Food and beverages in the **GREEN** category are considered the healthiest, are consistent with the Dietary Guidelines for Americans and provide a serving of fruit, vegetable, low-fat dairy or whole grain.

www.nems-v.com

- ▶ NEMS-V Healthy Choices Calculator

Cafeteria

If nutritional information available

- **entrees** criteria:
 - \leq 800 calories
 - \leq 30% of calories from fat
 - \leq 10% of calories from saturated fat
- ▶
- **a la carte burgers and sandwiches** criteria:
 - \leq 650 calories
 - \leq 30% of calories from fat
 - \leq 10% of calories from saturated fat

Based on NEMS criteria for
restaurants

<http://www.med.upenn.edu/nems>

Cafeteria or restaurant

- ▶ **main dish salads** criteria:
 - \leq 800 calories
 - \leq 30% of calories from fat (see % Fat Chart)
 - \leq 10% of calories from saturated fat (see % Fat

Sandwiches and Salads

Good choices when nutrition information is NOT available:

- Grilled, chargrilled or charbroiled chicken breast
- Grilled fish or seafood
- Turkey breast
- Ham
- Roast beef

Sandwiches and Salads

Not as good of choices:

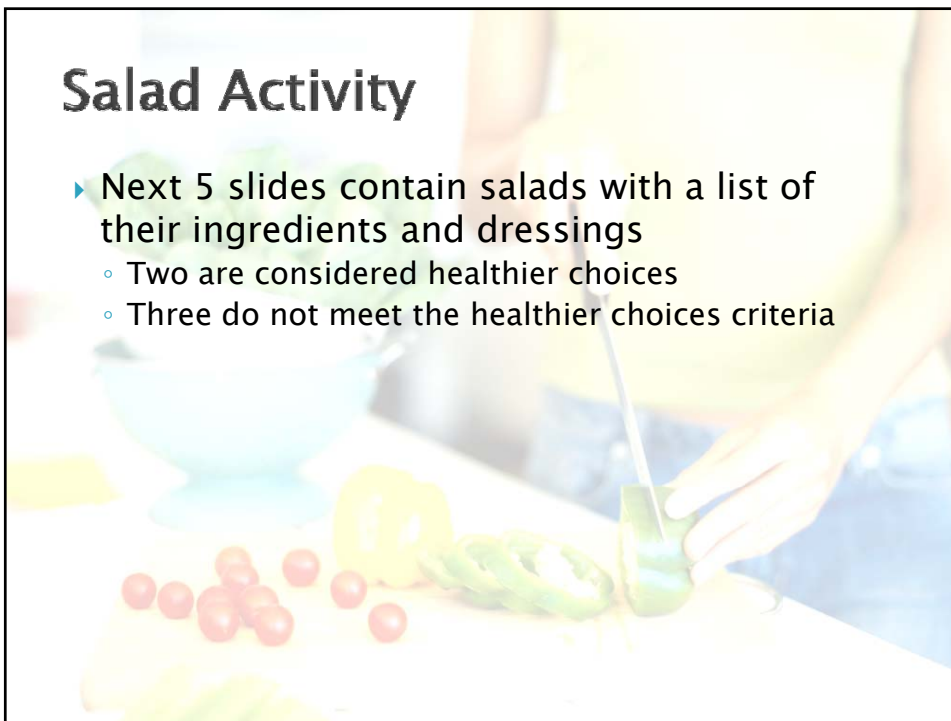
- ▶ Mayonnaise-based such as tuna salad, chicken salad
- ▶ Caesar salad
- ▶ Salad topped with fried chicken or other fried meat
- ▶ Salad in a fried shell (e.g., taco salad)
- ▶ If a salad comes with dressing, it is not considered as healthy, unless low-fat or fat-free dressing is an option on the menu

Salads – not as healthy

- ▶ Salads with three or more of the following:
 - Avocado or guacamole
 - Bacon
 - Cheese
 - Croutons
 - Egg (if already have a protein source)
 - Fried (crispy) noodles, tortilla strips (or similar fried garnishes)
 - Nuts
 - Olives
 - Pesto
 - Sausage or pepperoni
 - Salami, bologna, pastrami, corned beef or other high-fat lunch meat (roast beef, okay)
 - Sour cream

Salad Activity

- ▶ Next 5 slides contain salads with a list of their ingredients and dressings
 - Two are considered healthier choices
 - Three do not meet the healthier choices criteria



Fried Chicken Salad

- ▶ fried chicken
- ▶ lettuce
- ▶ tomato
- ▶ carrots
- ▶ cucumbers
- ▶ cheese
- ▶ onions

- ▶ Low Fat Ranch Dressing

Vegetable Salad

- ▶ veggies
- ▶ nuts
- ▶ olives
- ▶ Avocado

- ▶ No dressing

Grilled Chicken Salad

- ▶ grilled chicken
- ▶ lettuce
- ▶ tomato
- ▶ onion
- ▶ avocado
- ▶ cheese
- ▶ carrots
- ▶ red cabbage
- ▶ cucumbers
- ▶ Fat Free Cilantro Vinaigrette

Grilled Chicken Southwestern

- ▶ grilled chicken
- ▶ smoked bacon
- ▶ diced eggs
- ▶ mixed cheese
- ▶ pico de gallo
- ▶ Avocado-ranch dressing

Chargrilled Chicken Salad

- ▶ chargrilled chicken
 - ▶ lettuce
 - ▶ tomato
 - ▶ carrots
 - ▶ cucumbers
 - ▶ olives
 - ▶ onion
 - ▶ croutons
-
- ▶ Low-Fat Blue Cheese Dressing

Fast Food

- ▶ Oatmeal
- ▶ Fruit and yogurt parfait
- ▶ Sliced apples or apple sticks
- ▶ Small hamburger
- ▶ Low-fat milk
- ▶ Salad with no more than two unhealthy toppings and low fat or fat free dressing
- ▶ Side-salad with low fat or fat free dressing
- ▶ Grilled chicken sandwich



Stocking Your Desk

- ▶ Prevent mindless eating
- ▶ Start fresh – toss out expired or unhealthy times
- ▶ Fill your candy dish with fruit
 - apples, bananas, clementine
- ▶ Prepare snack bags in proper portions
- ▶ Action – Plan for two snacks each work day

Items to stock:

- ▶ Dried fruit (raisins, figs, apricots)
- ▶ Low-fat granola bars
- ▶ Nuts
- ▶ Low-fat crackers or rice cakes
- ▶ Peanut Butter
- ▶ Hummus



Snack Makeovers

Original Snack	Snack Makeover
Regular crackers	Whole-grain crackers
Regular popcorn	Low-fat or "lite" popcorn
Fruit tart, cobbler, pie	Fresh fruit with yogurt
Regular chips	Baked or low-fat chips, pretzels
Muffin, donut, sweet roll	Small bagel/muffin, low-fat granola bars
Sweetened cereals	Unsweetened cereals
Cookies	Low-fat pudding cups, serving of teddy grahams

Sack Lunch

Sandwiches do not have to be boring...

- ▶ **On the outside try...**
 - Wraps, tortillas, bagels, pitas, specialty breads and buns
 - Aim for whole grain
- ▶ **Stuff them with...**
 - Last night's leftovers, lean meats, hummus, and relishes
- ▶ **Skip...**
 - Cheese or high fat dressing condiments
- ▶ **Top them with...**
 - Dijon mustard, light/fat-free mayonnaise, BBQ sauce, low fat cheese
- ▶ **Don't forget to add...**
 - Lots of lots of color – fruits and vegetables

Sack Lunch

Salads can be quick and tasty!

- ▶ **Go beyond lettuce...**
 - VARY THE GREEN – try different greens for added nutrition (pre-packaged spinach or romaine)
 - GRAINS – adding grains adds complex carbohydrates, fiber, vitamins and minerals to your noon meal
- ▶ **For convenience...**
 - Use pre-packaged salads
 - Use pre-cut vegetables
- ▶ **Add...**
 - Pasta, sliced deli meat, couscous, beans, nuts, low-fat cheese
 - Don't forget the color – add peppers, carrots, mandarin oranges, apples
 - Low fat dressings on the side



Sack Lunch

- ▶ **Baked Potato or Sweet Potato**
 - Wash it, poke it and microwave it for 5 minutes
 - Top with canned chili, cottage cheese, leftovers, deli meat, low fat cheese, spray butter, cinnamon and/or salsa
- ▶ **Soup**
 - Bring a can and a bowl
 - Stick with broth-based soups
- ▶ **Dessert**
 - Pudding cup, animal crackers, graham crackers, low fat yogurt



Pot Lucks

- ▶ Challenge participants to modify one ingredient in favorite recipe to make it healthier
- ▶ Challenge participants to keep calories/serving under 200
- ▶ Pick a color theme (all green or red foods)
- ▶ Salad Bowl theme
- ▶ Create sign-up by food pyramid food groups for balance
- ▶ Before filling plate, scan food and pick two or three items to put on your plate. Enjoy them!

Thank you!

- ▶ Resources for future nutrition support
 - www.employeewellness.iowa.gov
 - www.nems-v.com
 - Wellmark's online wellness tools – set goals, work off of action list around goals, track food, etc.
 - Log-in to www.wellmark.com and click on Well-Being Assessment and wellness tools

Food tracking sites

- ▶ www.mypyramid.gov
- ▶ www.thedailyplate.com
- ▶ www.mynetdiary.com
- ▶ www.sparkpeople.com
- ▶ www.fitday.com

Other helpful resources

- ▶ www.eatright.org
- ▶ www.fruitsandveggiesmorematters.org
- ▶ www.fruitsandveggiesmatter.gov
- ▶ www.lancaster.unl.edu/food
 - ingredient substitutions – kitchen helpers in recipe section