

Building Healthy Lunch Habits at Work

Duration:

12 - 15 minutes

Goal:

To equip employed individuals, adults ages 18-99, with ways to prepare and choose balanced meals and snacks for work while also incorporating physical activity and exercise during lunch.

Behavioral Objectives:

By the end of the class, participants will be able to:

- Know how to prepare or choose balanced meals and snacks for lunch
- Identify ways to incorporate physical activity and exercise during lunch breaks

Teaching Aids:

- PowerPoint

Handouts:

- Building Healthy Lunch Habits at Work by Janeza Bridges
- Blank Meal Planning Sheet

Introduction:

You're at work and forget to pack a lunch. Good thing your coworkers are ready to eat out with you, but afterwards, you just feel sluggish and spent money on food for the 100th time. Don't worry. We've all been there, and there's nothing wrong with eating out occasionally. *[I love the occasional California Burrito every once in a while!]* Knowing how to create balanced meals when ordering out or how to pack an appropriate lunch is easy!

Another important aspect of daily living is EXERCISE. Do you find yourself sitting at your desk during breaks, taking the elevator, or not having time for the gym? Well, rest is always important, but there are also ways to incorporate physical activity during those short lunch breaks!

Questions to ask before the main content of presentation

- *What's your go-to place for lunch?*

And...

- *How many of you feel like you go there way more than planned?*

Main Content: PowerPoint Presentation

Slide # 1: Introduction

Building Healthy Lunch Habits at Work by Janeza Bridges

Slide # 2: Objectives

By the end of the class, participants will be able to:

- Know how to prepare or choose balanced meals and snacks for lunch
- Identify ways to incorporate physical activity and exercise during lunch hours

Slide # 3: Ask the Audience

- *What is one lunch habit that you feel you could improve on?*

Or...

- *What is one lunch habit you would like to incorporate?*
- *[Remind class that it doesn't have to be nutrition-related]*

Slide # 4: Statistics: Lunch Habits

According to a survey conducted on behalf of the AHA, results showed:

- More than 9 in 10 (91%) are interested in improving the healthfulness of their typical workday lunch
- About 4 in 5 (79%) whose workplace has on-site cafeteria, food service, or vending machines get food there at least some of the time
- On a stressful day at work, about 1 in 3 (35%) say their lunch is less healthy than a typical day

Slide # 5: Nutrition - Habits

- Eating Out: Smart Choices
- Preparation
- Packing Food
 - Snacks
 - Meals
 - Fluids

Slide # 6: Portion Sizes: Measure with your hands!

- Protein: 1 palm
- Carbohydrates: 1 cupped hand
- Fats: 1 thumb
- Veggies: 1 fist

****Note: Include Precision Nutrition Hand Portion Graphic**

Slide # 7: Nutrition - Eating Out: Smart Choices

- Ask for sauce on the side

- Choose complex carbs over simple carbs to keep you fuller longer
- Aim for a meal with protein, carbohydrates, and fats - BALANCED MEAL! 😊
- Eat the rainbow

Slide # 8: Nutrition - Preparation

- Choose when to plan/make meals
 - This could be 1 day of the week, every few days, or every day *[Maybe every day before bed you pack what's left over from dinner]*
 - Figure out what works best with your schedule *[There's no right/wrong way]*
- Make a list:
 - Snacks and meals
 - Ingredients/Groceries

Slide # 9: Packing Food (How to make a balanced meal)

- Snacks:
 - Examples: Veggies, eggs, and hummus; tuna and crackers with celery
- Meals:
 - Include:
 - Protein: Lean protein, help keep you full
 - Examples: Ground turkey, chicken breast, tuna, egg whites
 - Fats: Helps keep you fuller longer; caloric-dense
 - Examples: avocado, olive oil, cheese, egg yolks
 - Carbohydrates + Veggies: Complex carbohydrates for better blood sugar control, increased satiety, slow down digestion, loaded with fiber.

- Examples: Brown rice, quinoa, oats, whole wheat bread/pasta, veggies
- Note: Try to have a good mix of carbohydrates and veggies

Slide # 10: Physical Activity and Exercise

- Importance of exercise
 - Statistics:
 - Globally, 1 in 4 adults do not meet the global recommended levels of physical activity
 - Physical activity improves overall well-being, enhances thinking, learning, and judgement skills while also reducing symptoms of depression and anxiety.
 - Recommendation
 - 150 minutes of moderate-intensity activity per week. Strength exercises 2 days per week.

Slide # 11: Ways to incorporate physical activity and exercise during lunch

- Use stairs instead of elevator
- Take a walk while eating *[if possible]*
- Stand while eating
- Walk for food instead of driving
- Quick stretch before eating - especially if you have been sitting the whole day
- Eat outside - Vitamin D!

Slide # 12: Review: This or that?

- *Which would be the BEST choice for a complete meal/snack? [Have them raise hands?]*

- *[Show pictures: about 5-7; and explain why]*

Slide # 13: Take Home Message

- Proper planning and small changes add up to a big difference. Only you know your schedule and what works, so do some trial and error

Slide # 14: Contact info

- Janeza Bridges
- JBridges0156@sdsu.edu

Slide # 15: References

If you were interested in any of the statistics from this class, feel free to look at these articles from:

American Heart Association:

- <https://newsroom.heart.org/news/survey-more-than-half-of-u-s-employees-who-typically-eat-lunch-during-work-hours-struggle-to-make-it-healthy>
- Statistics related to lunch in a work environment
- Slide #4

Precision Nutrition Portion Control

- <https://www.precisionnutrition.com/calorie-control-guide-infographic>
- Slide #6

WHO:

- <https://www.who.int/news-room/fact-sheets/detail/physical-activity>
- Slide #10

ACE Fitness:

- <https://www.acefitness.org/education-and-resources/professional/certified/april-2019/7253/how-to-apply-the-new-physical-activity-guidelines-for-americans-to-the-ace-integrated-fitness-training-reg-model/>
- Slide #10

Review:

Ask Participants:

- How will they prepare or choose balanced meals and snacks for the workday?
- To list 2 ways to incorporate physical activity and exercise during the workday

Independent Practice:

- On your day off, set aside a few hours to plan (on paper) and prepare meals for work.
Also, if you find yourself sitting most of the time, take the stairs, take your lunches outdoors to eat, or any of the tips mentioned in the slides.

Conclusion

With fast-food being easily obtainable through online ordering with apps such as Uber Eats, Grub Hub, or order pickup, it has been a quick way for employed adults to save some time during their lunch break. Based on statistics from WHO, globally, adults 1 in 4 adults do not meet the daily requirement for physical activity. Moving over to nutrition, more than 9 in 10 (91%) employed adults are interested in improving the healthfulness of their typical workday lunch, with about 1 in 3 (35%) saying their lunch is less healthy on a stressful day compared to a healthy one. By incorporating a few of the tips mentioned above, an individual may be able to maximize their lunch hours at work and create a healthy routine.

Original Handout



STATISTICS

- Globally, 1 in 4 adults do not meet the global recommended levels of physical activity
- Physical activity improves overall well-being, enhances thinking, learning, and judgement skills, and reduces symptoms of depression and anxiety.
- More than 9 in 10 (91%) are interested in improving the healthfulness of their typical workday lunch
- About 4 in 5 (79%) whose workplace has on-site cafeteria; food service or vending machines get food there at least some of the time
- On a stressful day at work, about 1 in 3 (35%) say their lunch is less healthy than a typical day



EATING OUT: SMART CHOICES

- ✓ Ask for sauce on the side
- ✓ Choose complex carbs over simple carbs to keep you fuller longer
- ✓ Aim for a meal with protein, carbohydrates, and fats - **BALANCED MEAL!**
- ✓ Eat the rainbow - Include a variety of fruits, veggies, and foods on your plate



BUILDING HEALTHY LUNCH HABITS *at Work*



There are 24-hours in a day. Put your health first. Plan ahead, gain confidence when eating out, get at least 150 minutes of activity per week, and nourish your body with the proper foods.

JANEZA BRIDGES
ACE CERTIFIED PERSONAL TRAINER
USA WEIGHTLIFTING COACH
PRECISION NUTRITION LEVEL 1

BALANCED MEALS

Meals

- Protein: Lean protein, keeps you full
 - Ground turkey, chicken breast, tuna, egg whites
- Fats: Helps keep you fuller longer; caloric-dense
 - Avocado, olive oil, cheese, egg yolks
- Carbohydrates + Veggies: Complex carbohydrates for better blood sugar control, increased satiety, slow down digestion, loaded with fiber.
 - Brown rice, quinoa, oats, whole wheat bread/pasta, veggies

Note: Try to have a good mix of carbs and veggies

Snacks

- Veggies, eggs, and hummus; tuna and crackers with celery



PREPARATION

- ✓ Choose when to plan/make meals
 - This could be 1 day of the week, every few days, or every day [Maybe every day before bed you pack what's left over from dinner]
 - Figure out what works best with your schedule [There's no right/wrong way]
- ✓ Make a list:
 - Snacks and meals
 - Ingredients/Groceries

PORTION CONTROL

Protein: 1 palm

Carbohydrates: 1 cupped hand

Fats: 1 thumb

Veggies: 1 fist



EXERCISE & PHYSICAL ACTIVITY

Incorporation

- ✓ Use stairs instead of elevator
- ✓ Take a walk while eating [if possible]
- ✓ Stand while eating
- ✓ Walk for food instead of driving
- ✓ Quick stretch before eating - especially if you have been sitting the whole day
- ✓ Eat outside - Vitamin D!

Recommendation

- 150 minutes of moderate-intensity activity per week
- Strength exercises 2 days per week



WEEKLY MEAL PLAN

MON

TUES

WED

THU

FRI

SAT

SUN

GROCERY LIST

NOTES: