



Fitness Works at Work

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**Janel's Top Ten
Healthy Eating Tips**

1. Take time at the beginning of the week to plan your lunches for the week.
2. Eat mindfully –sit down, chew slowly and savor each bite.
3. Replace whole or 2% milk with 1% or soy milk.
4. Try your sandwich or pasta without any high calorie and fat cheese.
5. Have fruits or vegetables at every meal or snack.
6. Be mindful of calories and portions in drinks. Liquids don't satisfy hunger and they can be empty calories.
7. Pack healthy snacks so you're prepared when hunger strikes!
8. Walk right by your co-worker's candy dish!
9. Create your own 100 calorie snack packs with veggie sticks, pretzels, and dried fruit.
10. Look online for new healthy recipes to try.

Challenge of Healthy Eating at Work –What Can You Do?

March is the American Dietetic Association's National Nutrition Month and we asked Fitness Works at Work's staff registered dietitian, Janel Ovrut, M.S. to weigh in on the dilemma of eating nutritionally the eight hours or so you are at work. Here's her thoughts:

Many of us feel that long workdays combined with family and personal obligations don't leave much time for including healthy habits in our day. With a few simple modifications at work, you may find that your job is the perfect place to achieve your health and wellness goals.

The Lure of the Vending Machines

If the low hum of the office vending machine tempts you to drop all of your pocket change inside, you're not alone. According to the National Automatic Merchandising Association, Americans spent more than \$21 billion buying food and beverages from the vending machines during 2004. Unfortunately, vending machine snacks are not designed with good nutrition in mind. Fortunately, there are usually a few satisfying snacks that won't blow your nutrition budget. Opt for low fat pretzels, baked chips or mixed nuts to satisfy a salty craving. For your candy craving, a granola bar (one without candy or cookie bits) or dried fruit will provide enough sweetness. Be sure to use portion control as many snack packs contain more than one serving.

Cafeteria Choices

The cafeteria is full of healthy options, if you know where to look. Many cafeterias have a hot food station with large, oftentimes heavy meals from chicken parmesan to beef stew. These meals can be calorie laden and are more suitable for a Thanksgiving feast than a lunch break. Instead of these, opt for foods that are nutrient-packed and that will help energize you for the second half of your workday. Get your fill of fruits and veggies at the salad bar. You can try an assortment of salad toppings from beets to broccoli. Avoid the high-calorie salad fixings such as croutons, cheese, oriental noodles, pasta or potato salad, and creamy dressings. Instead, flavor your salad with balsamic vinaigrette, salsa, or a light dressing. If you have a sandwich station in your cafeteria, you're in control. Try the whole wheat bread instead of high-calorie bulky rolls or fattening focaccia bread. Spice up your sandwich with flavored mustards, hot sauce or hummus spreads. You can keep your sandwich vegetable based, or choose lean cuts of meat, such as grilled chicken or a few turkey slices. Skip the side of fries with this sandwich and fill up on fruit, low fat yogurt, pretzels or a granola bar.

Brown Bag It

The benefits of packing your lunch far outweigh the downside of taking the time to do it since you have control over what you put in your midday meal. It is quick and easy to put together a sandwich filled with lean meat and vegetables on whole wheat bread. Pair that with some fruit and a low fat snack such as pretzels. If you're looking for something hot, try single serve vegetable-based soups with some whole grain crackers. Or bring dinner's leftovers in a single serve Tupperware container. The amount of time it takes to pack a lunch is likely less than the amount of time it would take you to go out and purchase one. Use that spare time during your lunch break to take a walk or just relax. Another packing perk: by packing a lunch each day, you probably save at least \$4 per day, which is more than \$1,000 a year. Bet you can think of something to do with that extra grand!

Janel's Brown Bag Choices

Healthy eating and active living leads to:

1. Reduced risk of cardiovascular disease and some forms of cancer.
2. Elevated mood, energy and self-esteem.
3. Reduced anxiety and stress.
4. Healthier employees

Which means lower health care costs and a better business bottom line.

Fitness Works at Work, Inc. delivers complete health promotion programs, fitness center management and ergonomic solutions. Our integrity and hands-on approach with clients and their employees is the basis of our working philosophy. We are focused on our promise: to start every working man and woman on the balanced path to reap the joys of life by delivering tools they need to sustain a lifelong state of well-being.

- **Leftover dinner from the night before.** This can be pasta, casserole leftovers, stir fry or rice dishes stored in a Tupperware container and popped in the microwave at lunchtime.
- **Simple sandwiches with lean deli meats or healthy spreads such as hummus.** Fill your sandwich with lots of vegetables like spinach, tomatoes and thinly sliced zucchini. Don't forget to use whole wheat bread for a fiber and nutrient boost!
- **Soup and salad is a great way to get your fill of vegetables.** Veggie based soups such as tomato, lentil or minestrone soups are healthy, hearty and lower in calories than cream-based soups. Pair with whole wheat crackers and a side salad for a filling meal.
- **Whole wheat pita pockets can be stuffed with a variety of fillings,** from homemade tuna salad (made with light mayo and lots of chopped veggies) to a spicy filling of rice, beans and salsa.
- **Enjoy breakfast for lunch.** A yogurt parfait with fresh fruit and whole grain cereal is quick to fix. Or make a sandwich using whole wheat waffles, peanut butter and sliced bananas.

EMPLOYER IDEAS FOR HEALTHY EMPLOYEES

You can't make employees eat nutritiously but you can make healthy options available, encourage healthy choices and create a healthy culture for all your staff.

Make sure that your food service is providing healthy entrée selections and healthy eating campaigns. Insure that:

- They are offering a wide variety of fruits, vegetables and healthy breads.
- Salad bars are attractive, placed prominently and fully stocked.
- Healthy food information is displayed providing the nutritional breakdown.
- They highlight a healthy choice of the day.

Check out your vending machines and offer healthy alternatives – there are healthy options to the chips and candy bars that distributors like to stock the machines with.

Make sure that you have suitable arrangements for refrigerating and heating lunches and snacks that are brought from home and appropriate facilities for clean up.

Run seminars and information sessions on healthy eating.

Set up policies for healthy food selections at meetings and office celebrations.

Support employees who are trying to eat healthy and/or lose weight by offering opportunities and programs on-site.

Contact our office at info@fwaw.com, or call 508-653-4135 for further information for Fitness Works at Work's affordable fitness, wellness and ergonomic services.