

Eating Right on the Run and on a Budget



Objectives

- Understand what food your body needs for optimal health
- Navigate foods and food marketing based on sound nutrition advice
- Learn to manage weight, energy and long-term health, with good nutrition
- Tips for eating healthy while on the run
- Review and understand the Dietary Guidelines issued by the USDA

Benefits of Eating Right

Quality of life

- Weight management
- Disease prevention

Immediate benefits

- Increased energy
- Improved mood

Connection with self and others

- Longevity
- Self-confidence



Healthy Lifestyle

- Exercise and move more throughout the day; sit less
- Sleep
- Manage stress
- Hydrate
- Make healthy choices while traveling and on-the-go

What are the Components of a Healthy Diet?

Variety

- Smart food combinations
- Different types of foods
- Lots of colors – Eat seasonally

Balance

- How much
- When
- Where

Smart Choices

- Limit certain foods
- Whole food vs. processed food
- Prep healthy meals and snacks to grab and go

Smart Food Combinations

Carbohydrates

- Loaded with fiber and give us instant energy to fuel our body and our brain

Proteins

- Helps us focus and repair our muscles and cells

Fats

- Important for all of our cells and helps keep us satiated

Combine all 3 at every snack or meal for your best energy and satisfaction

Organic vs. Conventionally Grown Foods

- Organic foods must meet strict government requirements to be labeled 'USDA certified organic'
- Organic options are now more accessible but may be more expensive
 - Limited in quantity - not mass produced
 - Cost more to produce
- Conventionally grown foods are still healthy choices



Variety

Carbohydrates

- **Fruits and vegetables**
 - Each color has its own health benefits, so eat them all
 - Recommended: 3-4 cups vegetables, 2 cups fruit / day
- **Grains**
 - Eat mostly whole grains: brown rice, quinoa, oats
 - Recommended: 6-8 ounces / day

Protein

- Choose lean meats, fish, dairy, eggs, beans, nuts, seeds, soy
- Recommended: 5 ½ oz / day

Fat

- Limit saturated fat and eat mostly Omega-3s, poly- and mono-unsaturated fats such as avocados, olives, fatty fish, nuts, and seeds

Balance – How Much?

Portion size guidelines:

- One cup is about the size of your fist or a tennis ball

Serving size for cooked vegetable or grain is 1/2 cup

- 1 oz. is about the size of your thumb or a poker chip

Serving size for cheese or peanut butter

- 3 oz is about the size of a deck of cards or the palm of your hand

Serving size for meat

Be mindful of your choices, especially when eating at a buffet or an ‘all you can eat’ restaurant

Dietary Guidelines

- The plate is designed to show how your food should be portioned
- It's important to enjoy your food and avoid oversized servings
- Fill half your plate with fruits & vegetables
- Grains should be mostly whole grains
- Choose lean protein
- Switch to fat-free or low-fat milk
- Follow guidelines for eating out



Balance – When to Eat?

- Timing is important: Eat 3 meals and add snacks as needed
- Don't go too long between meals and don't graze all day

Benefits:

- Satisfies appetite and nutrition needs
- Helps avoid overeating and mindless eating

Energy balance daily is key!

Finding Food Facts

Whole Foods

- Whole foods are in their natural form, unprocessed

Processed foods may add sugar, salt, artificial colors, flavors, etc.

- May increase risk for disease

Nutrition facts labels

- Contain facts about health of a food product

Food packages can be misleading: Health Claims

- “Healthy,” “natural” or “cholesterol free”

Ingredient list gives you the power to know what you are eating

- Listed by weight
- Choose products with less hydrogenated oils, added sugars and salt

Meal Planning

Carbohydrates, protein and healthy fat

- Vegetable stir fry with beans and rice
- Fish with a baked potato and broccoli
- Lentil and vegetable soup with quinoa

Time-saving tips

- Cook extra food and save in fridge or freezer
- Have tools on hand like a blender, slow cooker or pressure cooker
- Keep cooked or fast-cooking grains on hand
- Store frozen berries and greens in the freezer
- Keep nuts, nut butters and beans in your pantry

Eating Healthy While Eating Out



- Add veggies to your plate or order a side salad
- Make smart choices at restaurants
 - ▢ Check the menu ahead of time
 - ▢ Choose the healthier options: even fast-food places have salad and fruit
- Ask for substitutions
 - ▢ Get a side of steamed broccoli instead of fries
- Know how your food is being cooked
 - ▢ Is it fried, grilled, baked, steamed?

Shopping and Eating on a Budget

- Plan your meals, make a list and stick to it!
- Don't shop hungry; you may buy less healthy options and overspend
- Check out the weekly sales
- Use coupons only for things you already use
- Buy store brands
- Use your store's loyalty card for automatic discounts
- Understand pricing: look at unit prices for best values
- Use leftovers to make great meals and soups
- Freeze food you will not use, to avoid wasting food
- Shop local: Good for your budget, the local economy and the environment

The Art of Eating

- Make mealtime calm, pleasant, and relaxing
- When dining out: ask for sauces on side, request substitutes if needed
- Keep healthy snacks available
- Eat mindfully: chew your food well and enjoy the taste
- Eat with others when possible; social interaction enhances our satisfaction
- Avoid eating in front of screens
- Try cooking fun, simple meals instead of getting take-out or fast food

Six Easy Guidelines to Remember

- Savor your food
- Be aware of portion sizes
- Make vegetables and fruits the bulk of your plate: find a local farmers market at home and on the road
- Include healthy fats with each meal - it will keep you fuller longer
- Watch out for hidden sodium in foods you don't usually think of as salty, like breakfast cereals
- Make water your primary beverage

The Bottom Line

- We may have been encouraged that bigger and more is better, but that is not true when it comes to food
- Think of food as fuel for your body
- Savor and enjoy every bite!
- Balance healthful eating with plenty of activity and exercise
- Stay healthy no matter where you are: search out healthy food options and find fun places to exercise

Evaluation Survey QR Code



A woman with long dark hair, wearing a light-colored long-sleeved shirt and brown overalls, stands in a workshop or factory setting. The background is blurred, showing industrial equipment and bright lighting.

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THANK YOU FOR PARTICIPATING!

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