



UNIVERSITY OF ILLINOIS

AT URBANA-CHAMPAIGN



2015 BUSINESS LEADERSHIP CONFERENCE

Healthy Eating on the Go

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A Shared Vision

Did You Eat Breakfast?



What's Your Meal Made Of?

What and when you eat can affect your...

- Energy
- Mood
- Productivity
- Weight

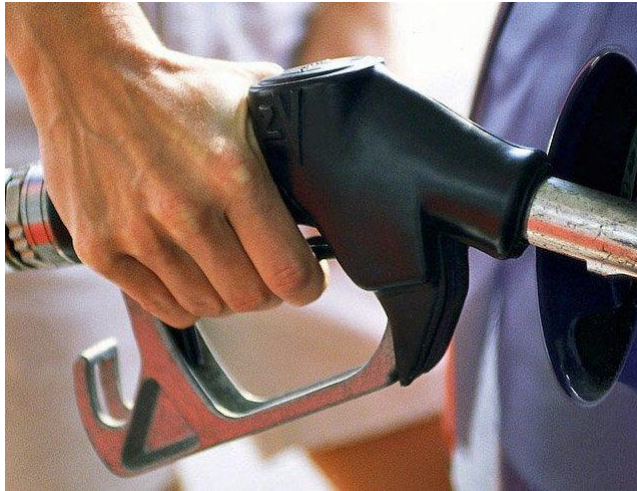


Stay Energized with Proper Meal Size

- Parasympathetic nervous system
 - “Rest and digest”



Choose Your Fuel Wisely



**Unleaded gas in a sports car...
It will run, but will it run well?**

Meal Composition

Less Satisfying

- Liquids
- Low fiber
- Low protein
- Low fat

More Satisfying

- Solids
- Higher fiber
- Higher protein
- Higher fat*

Choose Your Fuel Wisely



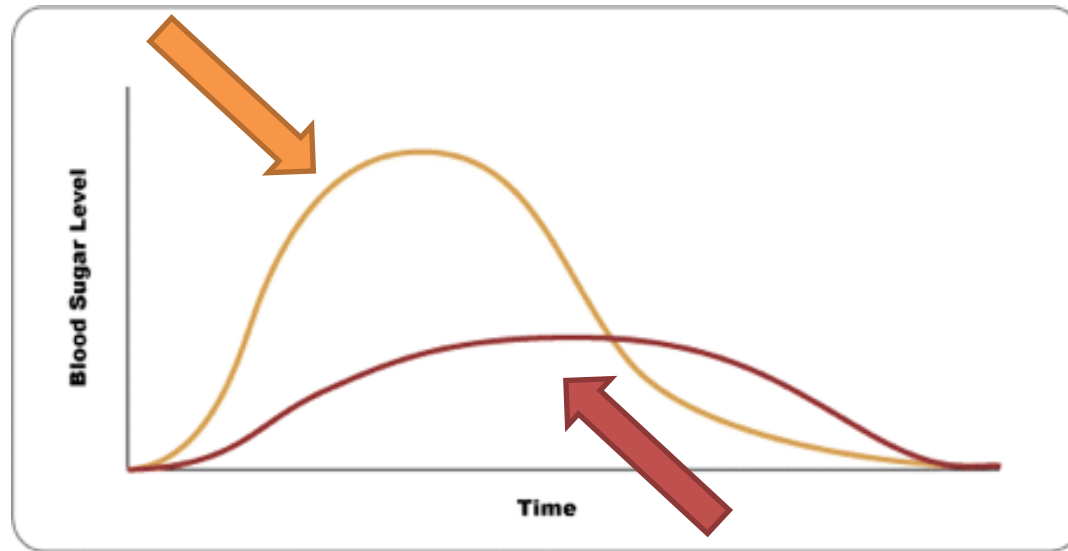
Hungry!



Ate too much ☹️

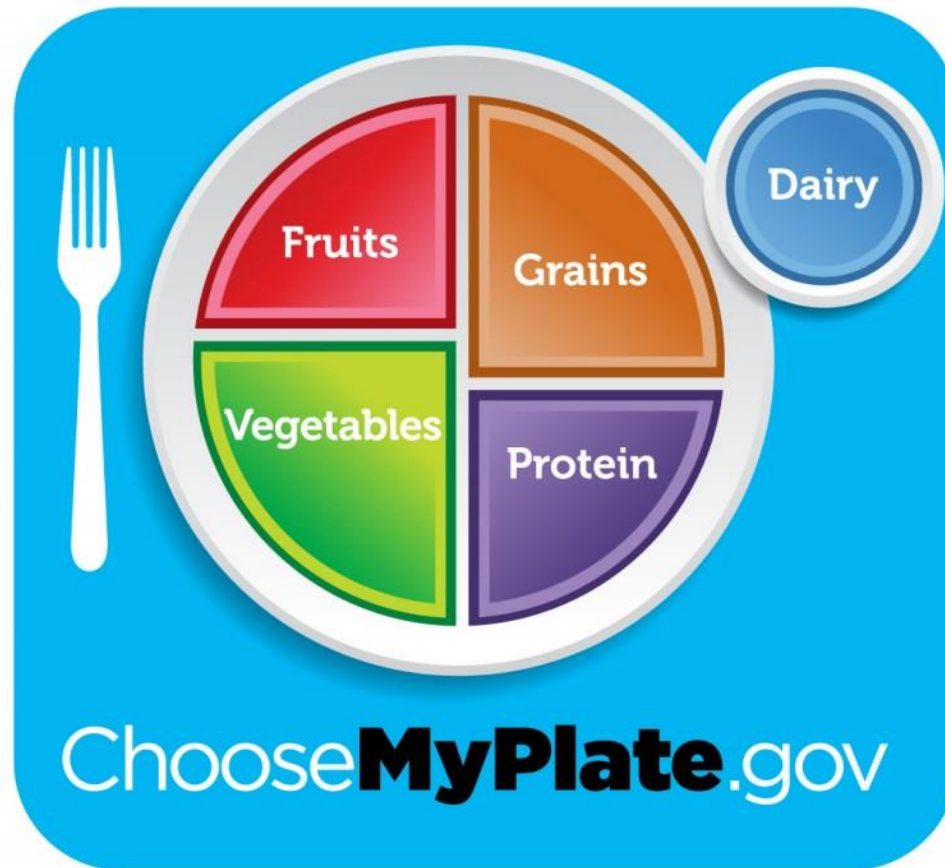
The Blood Sugar Rollercoaster

Lower protein and fiber



Higher protein and fiber

Finding the Balance



Best Bets for Breakfast

- Balance carb, protein, and fat
- Higher fiber carbs

- 1-2 eggs (protein)
- 2 slices whole wheat toast (carbs; grains)
- ¼ cup shredded cheese (protein + fat; dairy)
- Small glass of orange juice (carbs; fruit)



- ❖ Oatmeal (carbs; grains)
- ❖ Sliced banana (carbs; fruit)
- ❖ Peanut butter (protein + fat)
- ❖ Glass of low-fat milk (protein; dairy)

- Yogurt (protein; dairy)
- Berries (carbs; fruit)
- Chopped nuts (protein + fat)
- Granola (carbs; fruit)



Between Meals

How do you feel when you
go too long without eating?

Meal Timing

Try to eat every 3-4 hours

- Breakfast ➡ Lunch
 - Small snack if needed
 - 100-200 calories
- Lunch ➡ Dinner
 - More substantial snack
 - About 250 calories

**But listen to
your hunger!**

Strategies for Snacking

Protein + higher-fiber carbohydrate

Watch portions to keep it from becoming a meal

Pick one

1 oz cheese

1-2 tbsp peanut butter or hummus

4 oz cottage cheese

2 oz sliced chicken or turkey breast

Low-fat yogurt

Hardboiled egg



Pick one

Whole grain crackers

Fresh fruit (1 medium piece
or 1 cup sliced)

Fresh veggies (carrots, celery,
bell pepper, etc.)

½ whole grain pita

1 slice whole grain bread

Take Breaks

- Physical activity
 - Keeps blood sugar normal
 - Increases blood flow
 - Improves cognitive function
- Small amounts add up



What's Your "Usual?"

Does knowing the
nutritional value
affect your choice?



Out to Eat

- Don't arrive hungry – snack beforehand (100-150 calories)
- Freebies (bread, chips)... can you handle it?
- Start with salad or broth-based soup



Can I Get You Something to Drink?

- Beverages

- Non-alcoholic

- Water is the best choice
 - Opt for diet soda
 - Choose 100% juice over juice “drinks” – can still add a lot of calories



- Alcoholic

- Alcohol has calories!
 - Mixers
 - Decreases inhibition, increases hunger



Extra Calories

- Preparation method
- Sauces



Menu Terminology

Menu terminology to avoid:

- Buttered/buttery
- Fried- French fried, batter fried, pan fried
- Breaded
- Creamed/creamy/cream sauce
- Gravy- In its own gravy, with gravy
- Hollandaise
- Au gratin
- Cheese sauce
- Scalloped
- Rich



Menu Terminology to look for:

- Steamed
- Broiled
- Baked
- Grilled
- Poached
- Roasted



Extra Calories

- Toppings
 - Spreads
 - Dressings
-
- Don't be fooled by... salads?!
 - Mayo-based salads
 - Gourmet extras



Build to Suit

- Sandwiches and burgers
 - Choose 1 high-fat topping
 - Cheese, mayo, guacamole, OR bacon
 - Add veggies – extra lettuce/tomato
- Salads
 - Choose 2 toppings
 - Grilled protein
 - Dressing on the side
 - Do the fork dip!



Portion Distortion

- Choose smallest size or get an appetizer or side as a meal
- Try kid's or senior portions
- Split with a friend
- Take half home?



Plan Ahead

- Check out the menu/nutrition online
- Decide what you want beforehand
- Be the first to order!



Nutrition Facts

Serving Size 172 g

Amount Per Serving

Calories 200 Calories from Fat 8

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 1%

Trans Fat

Cholesterol 0mg 0%

Sodium 7mg 0%

Total Carbohydrate 36g 12%

Dietary Fiber 11g 45%

Sugars 6g

Protein 13g

Vitamin A 1% • Vitamin C 1%

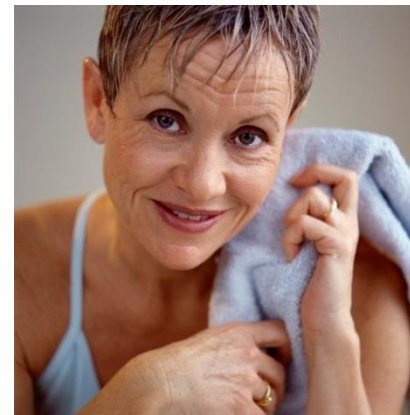
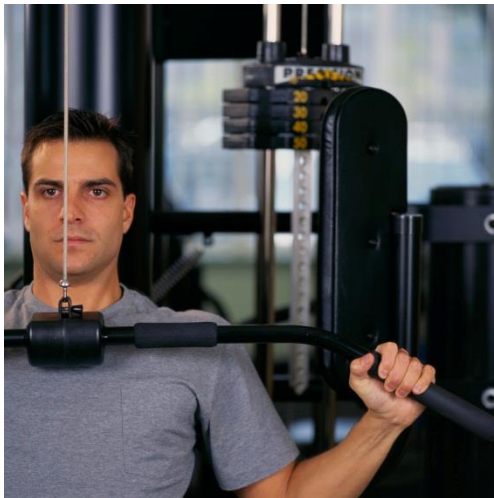
Calcium 4% • Iron 24%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

llnutritionData.com

Plan Ahead

- Eat lighter throughout the day
- Get in extra activity



Is Your Car Road Trip Ready?

- Contingency items
 - Granola bars
 - Portioned nuts
- Play it cool
 - Finger-fruit (bananas, grapes, berries, etc.)
 - Veggies (carrots, grape tomatoes, celery sticks)
 - Single serving dairy (yogurt cups, string cheese, milk)
 - Deli turkey

Don't forget the napkins and plasticware!

**Keep perishable
items tightly packed
on ice in a cooler**

**Discard if food sits at
≥40°F for ≥2 hours**

En Route

- Checkpoint-friendly foods
 - PB and J
 - Sandwich with meat/cheese (eat within 2hours!)
 - Crackers, pretzels, rice cakes, nuts
 - String cheese
 - Fruit/veggies (no liquids)
 - Avoid gels/liquidy foods (e.g., yogurt)

At the Hotel

- Look for lodging with fridge/microwave
- Scout out a grocery store
 - Buy only what you can reasonably consume!
 - Water bottles

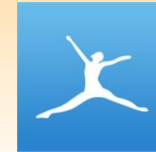


Tracking with Apps

- Self-monitoring is extremely important for maintaining a healthy lifestyle
 - Do you use apps?
 - If yes, which ones?



MyFitnessPal



- App offers tutorial videos
- Tracks fat, calories, protein and carbohydrates, iron, calcium, vitamin A, C, potassium
- Includes database of more than 350 fitness exercises, with calories burned for a "net" calories remaining
- At the end of the day, it gives a summary of: "If every day were like today (how I ate), you would weigh: over or under in 5 weeks." Basically, if you keep eating this way (good or bad), keep it up or change it up
- You may add friends for support as you work toward goals
- Provides reports and charts of your progress over time for motivation
- Database with more than 1,100,000 foods with the option for food or recipe entry

Source: Academy of Nutrition & Dietetics

Calorie Counter Plus by Plus Sports



- Beyond counting calories, this app also offers the option to track glasses of water
- May be integrated with Facebook and Twitter
- The summary page is visually pleasing and easy to understand and navigate
- The database is adequate and includes more than 400,000 brands, varieties and restaurants
- Allows you to set your own goals for weight loss, weight gain or keeping fit and create your own diet and physical activity plan
- Log your physical activity and keep track of calories burned

Source: Academy of Nutrition & Dietetics

Keeping it Fresh



Social
Media

Cookbooks



Websites
and Blogs



TV
chefs

Moderation Maven

Dishing up the best ingredients for a balanced, healthy lifestyle.



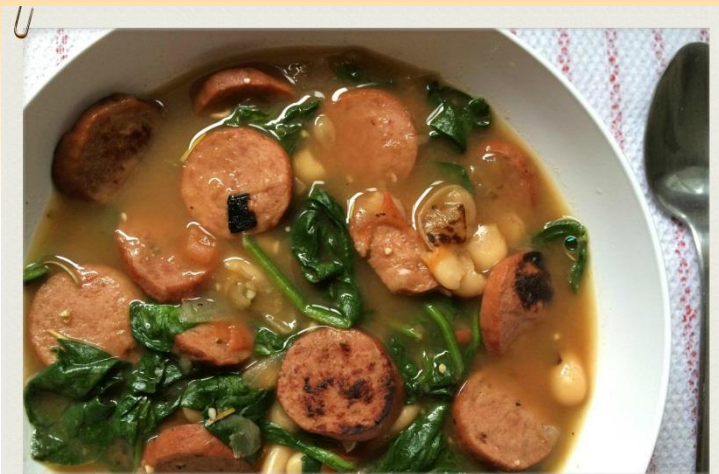
Looking for tips, tricks, and recipes from a *real* nutrition expert?

Get to know Moderation Maven.

- Answering your nutrition questions for **FREE**
- Posting thought-provoking, original articles
- Cooking up "Recipe Rescues" of classic dishes and comfort food
- Sharing real meals from a dietitian's home kitchen

Join the discussion!

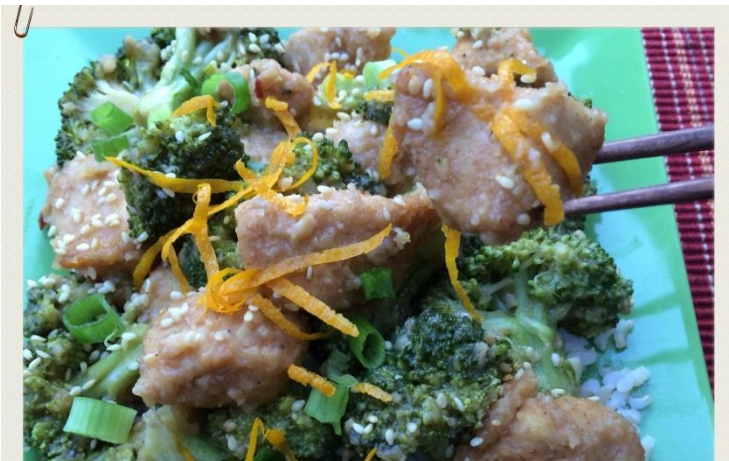
Find Moderation Maven on social media:



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Quick Spinach, Sausage & White Bean Stew

(c) University of Illinois Extension



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ORANGE CHICKEN & BROCCOLI

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