

100

WAYS TO CUT *Calories at Lunch*

A mid-day guide to eating smarter and moving more

- 1 Pack a healthy lunch instead of going out to eat
- 2 Use Outlook to alert you ten minutes before lunch to take a quick walk; monitor your lunchtime steps with a pedometer
- 3 Form a walking club with your co-workers
- 4 Try a piece of fresh fruit to satisfy your sweet tooth after lunch
- 5 For office birthday celebrations, avoid the corner cake slices
- 6 If you go out, eat half and save the other half for tomorrow
- 7 Avoid mid-morning munching with fruit or cut up veggies
- 8 Replace soft drinks with water for lunch meetings
- 9 Choose a familiar restaurant with healthy options

- 10 Substitute potato chips with pretzels, low-fat popcorn, or baked chips
- 11 Bring a frozen portion-controlled meal instead of going out to eat
- 12 Replace the communal candy or chips bowl with fruit
- 13 Have a lunchtime brainstorm walk with your co-workers about small changes that can be made in your work environment – one example is to put the shared printer farther away from your work stations
- 14 Keep comfortable shoes near your desk and take a stroll before lunch
- 15 If you decide to go out, choose a restaurant within walking distance
- 16 Encourage HR to offer short exercise classes during the lunch hour (yoga, abs exercises)

17 On a nice day, invite your co-workers to bring their lunches and walk to a nearby location to eat

18 When making calls during your lunch break, try to walk around with your phone

19 Bring a carton of skim milk or a calorie-free beverage for lunch instead of soda or other sweetened beverages

20 Split your sandwich in half and save the other half for a mid-afternoon snack

21 Replace vending machine selections with a small handful of almonds or other nuts

22 Add some salsa to your salad or wrap instead of dressing or mayonnaise

23 If you add sugar to your coffee or other drinks, switch to a low-calorie sugar substitute

24 If you drink soda/pop with your lunch, switch to the diet version

25 Encourage a lunchtime potluck where co-workers can share healthy recipes

26 Encourage HR to have “lunch and learns” which encourage ways to promote small changes that lead to healthy living

27 When going out to lunch, split your entrée with a co-worker

28 When dining out, ask the waiter/server if there are nutrition facts available so that you can order a healthy choice

29 When ordering a salad, be sure to ask for the dressing on the side and then drizzle what you need

30 When eating out, choose grilled options instead of fried

31 Leave 3–4 bites of food on your plate

32 Don't let colder weather stop you! Keep a light jacket in your office for your lunchtime stroll

33 Take advantage of a microwave in your office during the cold months and select convenient portion-controlled meals and soups

34 Keep handy gadgets available at work to encourage healthy eating like a can opener for tuna or a vegetable steamer for frozen veggies

35 If you know you'll have a busy day, make extra dinner the night before to bring healthy leftovers for lunch

36 Wash and cut up some fresh fruit to accompany your lunch

37 Have some fresh vegetables handy to munch on while preparing your lunch

38 Plate a portion-controlled, frozen entrée for unexpected lunch guests and serve with a salad

39 Make time to sit down at the table and enjoy your lunch slowly

40 Keep on hand no-sugar added drinks such as iced tea or flavor your water with a touch of 100% fruit juice

41 Choose 100% whole grain bread when preparing your sandwich

42 Take a stroll around the neighborhood with the kids (or your dog or yourself!) after lunch

43 Have a glass of skim or low-fat milk with your lunch for added calcium

44 Add tomatoes, lettuce, and onions to your burger instead of cheese

45 If walking alone at lunch, listen to a book via podcast

46 Take a family bike ride to a healthy restaurant for lunch on the weekends

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100 ways to cut calories at lunch con't.

47 Enlist the kids' help on the weekend in preparing a healthy pizza and salad for lunch

48 During the winter months, create your own soup using vegetable or chicken broth and toss in all your favorite vegetables – be creative!

49 For a healthy side dish, make your own salsa using fresh tomatoes, onions, cilantro, and lemon juice; vegetables make good dippers as an alternative to chips

50 Look for low-fat and slow churned ice cream for dessert, make your own low-fat fruit smoothie

51 Instead of cake or pie for dessert, try angel food cake with fresh strawberries and low-fat whipped topping

52 Use a salad plate instead of the larger dinner plate to control portions

53 Choose mustard or non-fat/low-calorie mayonnaise instead of the regular variety

54 Add a salad to your lunch for extra vitamins and fiber, but choose a low-calorie dressing and use it sparingly

55 When preparing lunch for the kids, start lunch off with fresh fruit and vegetables

56 Decorate some vegetables and get the kids to think of new ideas, such as a cauliflower "head" with raisin eyes and tomato slice mouth

57 Celebrate lunchtime with the kids by turning on some music and dancing!

58 When the weather is nice, pack a healthy picnic with the kids and walk to a nearby park

59 Make your own low-calorie tortilla chips for lunch by cutting up tortillas and baking them on a cookie sheet with cooking spray and a little lime juice

60 Make your sandwich on a whole wheat pita with hummus instead of mayonnaise

61 If you drink

coffee with your lunch, use skim milk instead of half and half or other creamers

62 Use a small glass (6-8 ounces) for your beverage at lunch instead of drinking the whole thing

63 For extra flavor without the calories, add lemon, mint or rosemary to your ice cubes

64 While running errands during lunchtime, carry cut up fruits and veggies to munch on to curb your appetite

65 If you have to stop for a bite to eat while running errands on your lunch break, choose half a sandwich and a salad, and ask for the low calorie dressing

66 While running errands during lunchtime, park at the far end of the parking lot to get some extra steps

67 Consider malls for lunchtime walking options – you can beat the weather and get some of your errands done as well

68 If you have

to stop at a fast food restaurant, select items from the kids' menu to control portions

69 Eat lunch before going grocery shopping to avoid impulse buys that are less healthy

70 Make a list before going grocery shopping to avoid buying unnecessary items

71 Stock up on frozen, portion-controlled entrées that you can bring for lunch on days when you are in a hurry

72 Don't forget the vegetables and fruit; take advantage of the sales in the produce section and eat them while they are fresh

73 Check the labels when buying lunch items at the grocery store

74 Focus on fresh or frozen fruits and vegetables whenever possible

75 Choose low-fat peanut butter for your lunchtime peanut butter and jelly sandwich

76 When buying meats for sandwiches, choose turkey or chicken

breast

77 Choose whole grain and light wheat breads for sandwiches

78 Buy extra fruits and vegetables for the kids' lunches instead of pre-packaged snacks

79 Buy plain, low or non-fat yogurt and add your own fruit for lunch to avoid added sugar and fat

80 Buy low-fat cheese for your sandwich at lunchtime instead of the full fat version

81 Buy whole wheat or corn tortillas instead of flour and make a turkey wrap for lunch

82 Buy tuna packed in water to make a tuna sandwich for lunch

83 Find ways to add movement to your shopping experience – do an extra lap around the healthier "perimeter" of the grocery store before you start shopping to think of new ideas for lunch

84 When buying ground beef to

make burgers or tacos for lunch, choose the leaner versions or try ground turkey

85 Buy 100% fruit juice rather than fruit-flavored drinks with added sugar for the kids' lunches

86 Talk to your kids about choosing healthy items from the school cafeteria

87 Review the school lunch menu with your kids and decide together which meals are the healthier options

88 Talk to your kids about games and activities that they can engage in during recess rather than activities that are more sedentary

89 Get involved in the school's parent association to promote healthy options for lunch

90 Encourage your kids to help pack their own lunch to start learning about healthy choices

91 Sit down with your kids to plan healthy school lunches for the entire week

92 Make eating

vegetables more attractive to your kids by packing red, yellow and orange peppers in their lunch

93 Pack pretzels or low-fat popcorn for your kids

94 Pack some healthy and fun snacks such as "ants on a log" for your kids- spread peanut butter on celery and sprinkle raisins on top

95 Pack some fresh veggies such as cucumbers or carrots with low-fat ranch dressing in your kids' lunches

96 Encourage your kids to wear their pedometer all day, and try to get lots of steps at recess

97 Put little notes in your kids lunches to remind them to eat their veggies

98 If you're going to be on the road during lunchtime, pack a cooler with healthy and fun options such as cut up jicama, celery sticks, radishes, bell pepper slices, cucumber slices, cherry tomatoes, melon chunks, pineapple chunks, grapes, and strawberries

99 When you stop for lunch, walk around and explore the area; use your pedometer as a monitoring tool to encourage more steps

100 When on vacation, try to plan for lunches; pack food beforehand, or stop at a grocery store where you are staying instead of eating out every day

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