

Wellness on the Run Webinar

From Know to Go

Fast facts for eating healthy on the run

March 21, 2018



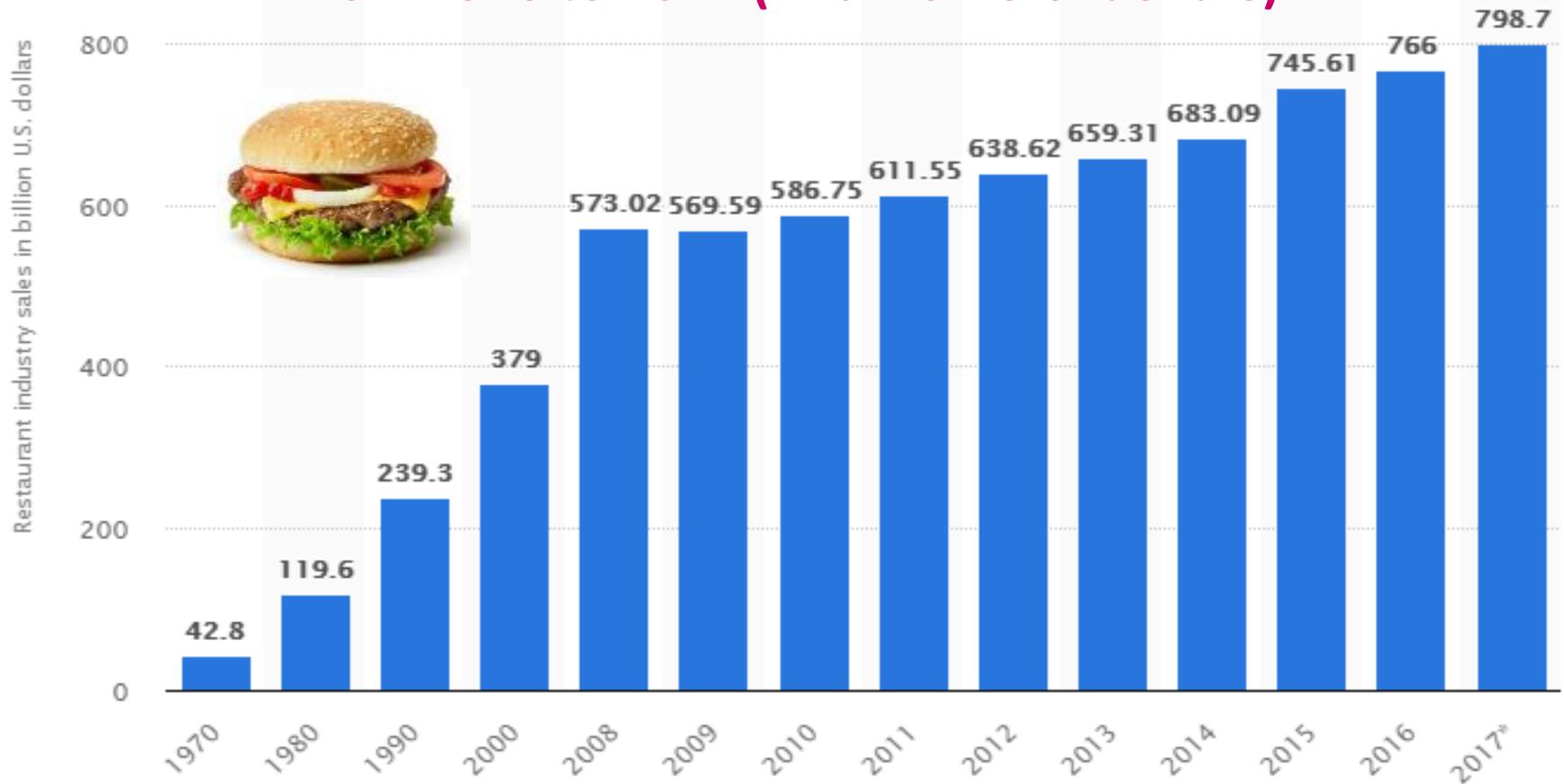
Welcome

Today's presentation will begin shortly.

- In order to hear the audio for this presentation, please turn up your speakers.
- If you'd like to ask a question, please use the **Q&A area** of the console.
- A PDF of the presentation and other relevant resources are available under the **Resource Widget** at the bottom of the screen.
- To resize the presentation, just drag the lower right corner of the slide area.
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Fast Facts about Fast Food

Restaurant industry food and drink sales in the United States from 1970 to 2017 (in billion U.S. dollars)



Fast Facts about Fast Food



72%

say they enjoy eating at a fast food/quick service restaurant for lunch

10

most popular quick-service restaurants and menu items →

1. **McDonald's** → French Fries (340 calories, Medium)
2. **Starbucks** → Vanilla Latte (Grande 250 cal), Iced White Chocolate Mocha (Grande, w/whip 420 cal)
3. **Subway** → Chicken Bacon Ranch Melt (6" 550 Cal, Foot-long 1100 cal)
4. **Wendy's** → Frosty (340 calories, Medium)
5. **Burger King** → Whopper (660 cal, 740 cal w/cheese)
6. **Taco Bell** → Crunchy Taco (2 tacos 340 calories)
7. **Dunkin' Donuts** → Boston Crème donut (300 calories)
8. **Chick-fil-A** → Waffle Fries (360 calories, Medium)
9. **Pizza Hut** → 2 slices Pepperoni (500 calories)
10. **Dominoes** → 2 slices Pepperoni (600 calories)

Determinants of Health Status



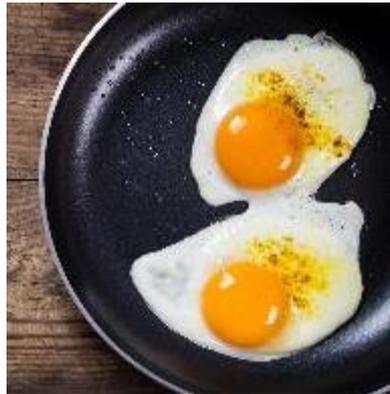
You have more control over your health than you think!

Of the top 10 most popular fast food items – NONE would be considered “nutritious”, nutrient-dense, or provide health benefits

What is Nutrient Density?

Foods that supply generous amounts of one or more **nutrients** compared to the number of calories they supply are called **nutrient dense**.

EGG (2 eggs)	
Calories	140
Total Fat 9.4g	14%
Saturated Fat 3g	16%
Sodium 140mg	6%
Total Carb 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 12g	24%
Vitamin D 2mcg	12%
Iron 2mg	12%
Calcium 56g	4%
Potassium 138mg	4%
Riboflavin 0.4mg	30%
Vitamin B12 0.8mcg	30%
Biotin 20mcg	70%
Pantothenic Acid 2mg	40%
Iodine 54 mcg	40%
Zinc 2mg	20%
Selenium 30mcg	50%
Molybdenum 16mcg	40%
Choline 294mg	50%

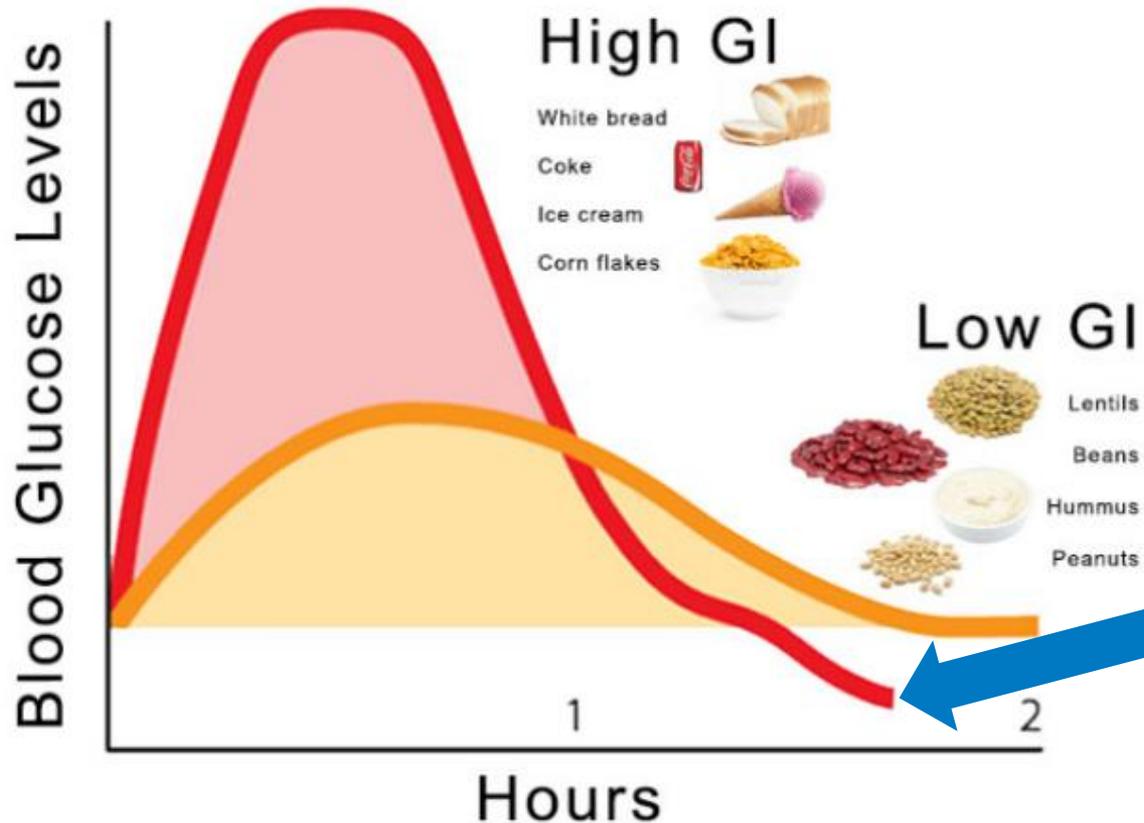


DONUT (1 BOSTON CRÈME)	
Calories	300
Total Fat 16g	25%
Saturated Fat 7g	35%
Sodium 390mg	16%
Total Carb 37g	12%
Dietary Fiber 1g	4%
Sugars 17g	
Protein 3g	6%
Vitamin A	2%
Vitamin C	0%
Calcium	0%
Iron	6%

Nutrient dense foods give you more energy, vitamins and minerals, and help control blood sugar levels.

Blood Sugar Management

Choose **nutrient dense** foods that balance blood sugar levels – specifically **complex carbohydrates** and foods with **protein**



HANGRY

The Importance of Protein

Proteins are the “building blocks” for your body

- High protein foods contain amino acids used to build new body structures (muscles, organs, skin, hair, nails)

Protein makes you feel full, keeps you feeling full longer

- Scientists have found that protein blocks certain receptors (called MORs) in your gut, which curbs appetite...the “gut/brain” loop

How much do I need?

- The current RDA recommendation is 0.8g/kg body weight, but studies are showing slightly higher levels of protein can be beneficial (1.2-1.6g/kg body weight)

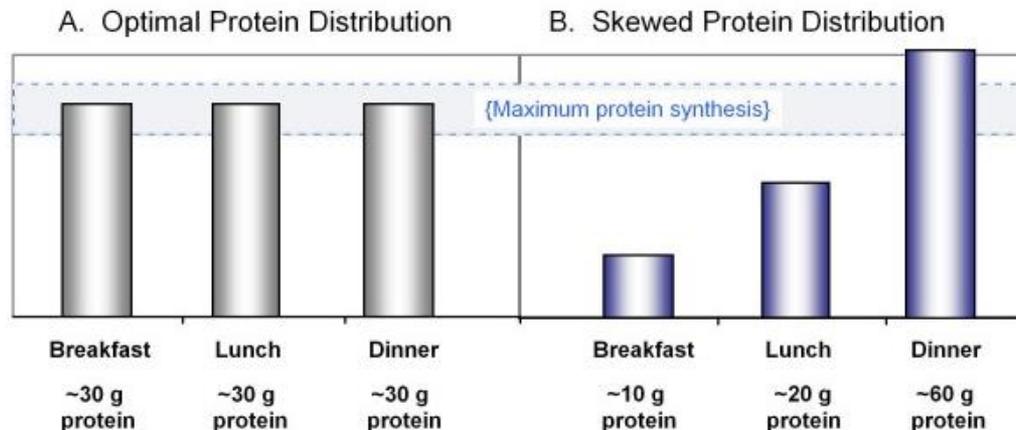


Figure 1

Example of Protein Needs per day:

140lb female (63.5 kg)
0.8 g/kg = 50.8g per day
1.2g/kg = 76.2g per day

The more active you are, the more protein you should try to consume

Eat This, Not That

A good guide is to try to stay **below 500 calories**, and aim for approximately **20-30g of protein** per meal.

Calories needs vary based on the individual.



**Whopper® +
Medium Fry + Coke**

1,360 Calories
1,985 mg Sodium
33g Protein



**Grilled Chicken Sandwich +
Side Salad (w/Ranch) + Diet Coke**

790 Calories
1,175mg Sodium
42g Protein



**Grilled Chicken Sandwich (no
mayo) + Side Salad (Lt Honey Balsamic, use
½ packet) + Iced Tea (unsweet)**

430 Calories
840mg Sodium
41g Protein



What's in a "meal"?

What's hidden in this meal?
Lots of non-nutritious calories:

Comes with mayo
unless you ask!

+ 100 calories



- 65g of sugar!!!
 - High Glycemic (High GI) food
- +240 calories**

**Whopper® +
Medium Fry +
20oz Coke**

- High Glycemic food (High GI)
- Fried in oil; limited nutritional value

+ 380 calories



Eliminating just one 20oz. soda each day
could help you drop approx. ½ lb. a week!

Healthier Choices

Panera Bread®

Breakfast or Snack: Superfruit

Smoothie: 230 calories, 12g protein

Lunch or Dinner:

Ancient Grain, Arugula & Chicken

Salad: 400 calories, 32g protein

Avocado Cobb Salad with Chicken:

480 calories, 38g protein

Vegetarian | Soba Noodle Bowl with

Edamame: 380 calories, 16g protein

Chipotle Mexican Grill

Lunch or Dinner Bowls:

Barbacoa Bowl: Barbacoa // Brown Rice // Fajita Vegetables // Fresh Tomato Salsa // Lettuce: 425 calories 28g protein

Chicken Bowl: Chicken // Black Beans // Fajita Vegetables // Fresh Tomato Salsa // Tomatillo-Green Chili Salsa // Romaine Lettuce: 360 calories / 41g protein

Healthier Choices

Convenience Store

- High Protein Bar – watch sugar content
- Lowfat Yogurt, Greek Yogurt
- Apple, Banana, Orange, Fruit Cup
- Almonds - watch portion size
- Water



The New Crowd

Salad chains are popping up around the country. Check out places such as:

- Chopt
- Saladworks
- Sweetgreen



You can even build healthy meals at “quick service” pizza restaurants. Opt for thin crust, top with lots of veggies, protein like chicken or plant-based options... and go!

Meal Prep, Meal Fast

Breakfast Foods

- Overnight Protein Oats
- Egg Bowls – Quick Microwave Recipes
- Greek Yogurt w/almonds (go for 2% vs. nonfat, and watch the sugar content)

Quick Dinners

- **Precooked Chicken:** whole or pre-shredded, easy to top salads, over brown rice, cauliflower rice
- **Eggs:** Omelets, Shakshouka, Scrambled
- **Prep and Freeze:** Make meals on the weekend to heat quickly throughout the week
- **Slow Cooker Meals:** Prep ingredients the night before, then empty into the crock in the morning
- **Meal Prep Service:** HelloFresh, Plated, Blue Apron, Fresh n' Lean (vegan), et al



Overnight Peanut Butter Butter “Proats” – Recipe included with this Webinar!



Shakshouka

Healthy Help on the Go

Apps for Food Tracking, Information, and more:

- MyFitnessPal
- FatSecret
- Lose It!
- MyPlate Calorie Tracker
- Fitbit
- Fooducate

App for Healthy Quick Service Dining Choices:

- HealthyOut



<https://mobile.healthyout.com>

Final Thoughts

The healthiest option is to pack a nutritious meal, but when you need eat on the run:

- Choose nutrient dense foods over those with little nutritional value
- Don't skimp on protein
- Watch out for added sugar, carbs, and fats
- Educate yourself on healthier choices; equip yourself with nutritional information
- Knowledge is (healthy) power – from “know” to “go”!

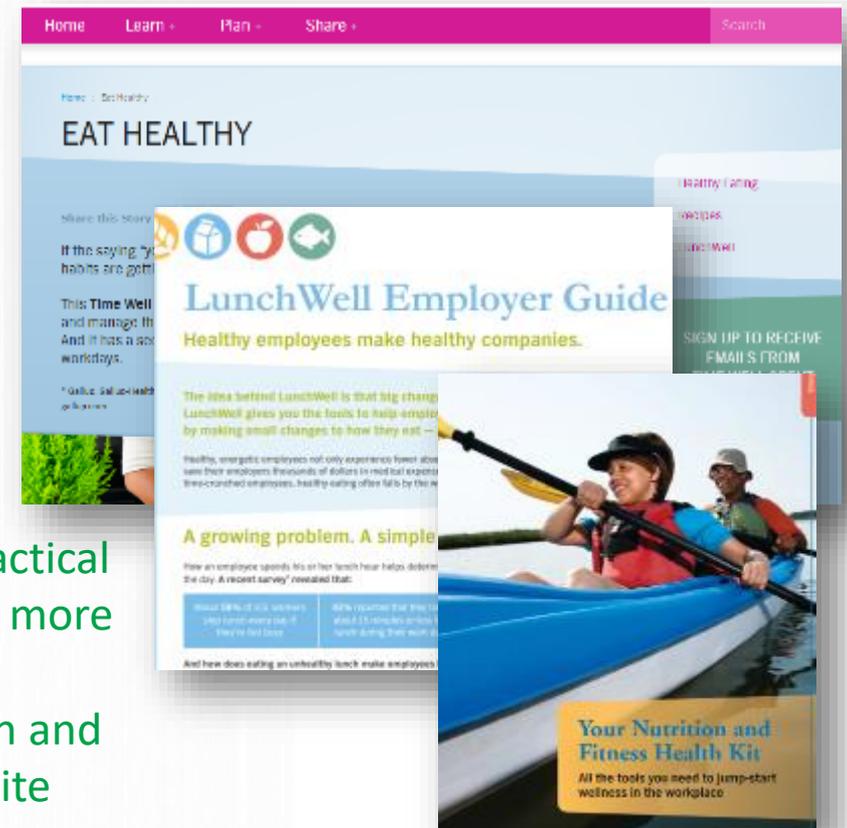


Resources

Help your employees learn how to eat well on the go, too!
Equip them with knowledge to make healthy choices:

Time Well Spent[®]

- **Check out the “Eat Healthy” Page:**
 - Tips on Healthy Eating
 - Recipes
 - LunchWell Campaign
- **Health Kits:** Fitness & Nutrition Health Kit
- **FitLife Podcast:** 10-15 Min Podcasts with practical advice on healthy eating, fitness myths, and more
- **SpecialOffers:** Check out discounts on health and fitness items through your health plan website



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Register for the remaining 2018 Employer Webinars, or catch up on demand at: <http://www.timewellspenthome.com/webinar/>

Topics:

<u>Employer Events</u>	Event Date
The mental health action plan- Strategies for addressing employee behavioral health concerns.	4/18/18
Opioids in the workplace: prevention strategies, resources and support.	5/16/18
Time to tone up your wellness program and get results.	6/20/18
Creating a workplace in motion: steps to reducing back and joint pain.	7/18/18
Positive thinking, positive health. Tips to combat workplace stress and negativity.	8/15/18

2018 DocTalk Series

Your employees can get health tips with our free DocTalk webinars!

DocTalk webinars are available to all members and their dependents.

April 10, 2018 12:00 pm. & 3:00 p.m. EDT	Topic: Pre-Diabetes and Diabetes: What you need to know Presenter: Dr. Michael Eleff
June 12, 2018 12:00 pm. & 3:00 p.m. EDT	Topic: Musculoskeletal Wellbeing and Treatment Presenter: Dr. Tony Linares

Employees can register at webinars.on24.com/doctalk/register.

A man in a light blue shirt and tie is looking at his smartphone. The background is blurred, showing another person. A green banner with the word "Questions" is overlaid on the left side of the image.

Questions