



DID YOU KNOW... According to the National Sleep Foundation, the average American today works 46 hours per week, and many work more than that. Because we spend so much of our time at work and away from home, it is important to practice healthy habits no matter where we are. Here are some *delicious* and *nutritious* tips from Jenny Craig and other trustworthy sources on how to eat healthy at work. **Bon appétit!**

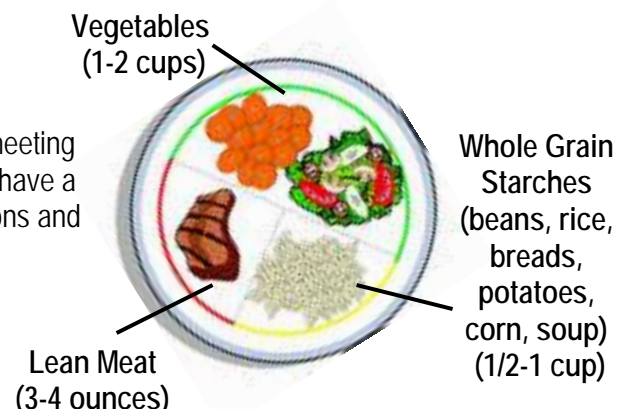
HEALTHY EATING 101

- 1. Eat Across The Rainbow:** Phytonutrients are natural compounds found only in plants, which provide a variety of health benefits and also give fruits and vegetables their bright colors. To maximize your health benefits, eat across the rainbow! You can start by trying 1 new fruit or vegetable each week.
- 2. Practice Moderation:** Instead of thinking of your favorite higher calorie/sugar/fat foods as bad, think of them as foods to enjoy *in moderation*. With some quick, easy planning you can learn how to eat your favorite foods moderately and proportionately while staying on track with your weight. We all deserve the occasional splurge!
- 3. Eat Foods Low in Calorie Density:** Studies show that, day-to-day, a person eats about the same amount (or volume) of food. Reduce the calorie density (the calories per gram) of food, and you can eat the same volume for fewer calories, feeling equally satisfied! Examples are water-rich foods like fruits and non-starchy vegetables, low-fat milk, cooked grains, soups, stews, casseroles and pasta with vegetables.
- 4. Savor the Flavor:** Remember to focus on *how* to eat, not just *what* to eat. Slowing down gives your body time to realize when it is full and allows you to taste every yummy bite. You will find you will eat less and enjoy more!
- 5. Drink Plenty of Water:** Water is essential for our bodies because it is in every cell, tissue and organ. You need water to replace what your body loses through normal everyday functions. To help manage your weight and control your hunger, drink a glass of water just before you eat a meal.

THE HEALTHY PLATE

It's always best to have a plan when you're dining out for lunch or even meeting clients for dinner. But sometimes we aren't so prepared. When you don't have a plan, try this "healthy plate" strategy to help you make smart food selections and manage your portion sizes:

Fill $\frac{1}{2}$ your plate with vegetables, $\frac{1}{4}$ with starches and $\frac{1}{4}$ with meat.



IDEAS FOR YOUR WORKSITE

- 1. Rethink Meetings:** Offer healthy snacks and beverages at meetings like whole grain bagels instead of chips, fruits and vegetable trays instead of candy, and water or 100% fruit juice instead of soda.
- 2. Employee Incentives:** Collaborate with local restaurants to offer healthy foods to you and your colleagues and promote nutritious items at reasonable prices. This can be in the form of coupons or even a special employee discount.
- 3. Worksite Policies and Programs:** Create policies that encourage healthy eating, like replacing half of the snacks and beverages in every office vending machine with healthy choices like yogurt, 100% fruit juice, low-fat or fat-free granola bars, vegetable juice, whole grain cereals, and dried fruit snacks.
- 4. Make Healthy Eating Affordable:** Modify the prices of food items in your cafeteria so that the healthier options are less expensive and easily accessible to all employees, regardless of their income level.
- 5. Take the Stairs:** Encourage your colleagues to take the stairs with you instead of the elevator, walk to lunch instead of driving or hand-deliver their messages instead of emailing them. Whenever there's a chance, get up and MOVE!

MAKE THE HEALTHIEST CHOICE IN YOUR CAFETERIA

Beverages

- ❖ Unsweetened sparkling or spring water and hot or iced tea
- ❖ Skim milk
- ❖ 100% fruit or vegetable juices
- ❖ Sugar-free or diet sodas and other soft drinks
- ❖ Club soda (0 calories)
- ❖ Sugar-free powder drink mixes (0 calories)
- ❖ Wine spritzer (1/2 wine, 1/2 soda) (5 ounces = 55 calories)

Breakfast Bar



- ❖ Whole grain muffins, bagels or breads with low-fat cream cheese or sugar-free jelly
- ❖ Low-fat or fat-free and sugar-free yogurt
- ❖ Fresh fruit
- ❖ Lean ham, turkey bacon or Canadian bacon

Soup & Salad Bar

- ❖ Broth-based soups with vegetables and lean meats
- ❖ Tomato-based soups are usually lower in fat, while cream-based soups are usually high in fat and calories
- ❖ Salad with a variety of deep greens, vibrant fruits, colorful vegetables, fat-free or low-fat cheeses, lean protein toppings (chicken, turkey, low-fat cottage cheese or boiled egg) and oil-based low-fat dressing

VISUAL CUES FOR SERVING SIZES

- 1 tsp = quarter, tip of thumb
- 1 Tbl = silver dollar, whole thumb
- 1/4 cup (4 Tbls) = golf ball, large egg
- 1/2 cup = 1/2 orange, small fist
- 1 cup = baseball, light bulb
- 1 oz meat/cheese = computer disk, tube of lipstick
- 2 oz meat/cheese = 3 fingers, 4 dominoes
- 4 oz meat/cheese = palm of man's hand
- 1 muffin or piece of fruit = tennis ball
- 1 bagel = 6-oz can of tuna

Jenny Craig[®]

Creating A **Healthier** Workforce!

Grill

- ❖ Lean meats like chicken, turkey or flank steak
- ❖ Tuna, swordfish, salmon or other fish steaks
- ❖ Whole grain breads and buns
- ❖ Low-fat or fat-free cheese
- ❖ Add grilled and fresh vegetables as sandwich toppings



Deli

- ❖ Whole grain rolls, breads and tortillas
- ❖ Chicken or tuna salad made with low-fat mayonnaise or dressing
- ❖ Lean meats like ham, turkey and chicken (96% or more fat-free)
- ❖ Use low-fat or fat-free cheese and low-fat spreads like mayonnaise, mustard or salsa

Meals "To Go"

- ❖ Pre-made salad mix with low-fat or fat-free dressing
- ❖ Pre-made sandwiches with whole grain breads, bagels or rolls, lean meat, poultry, seafood, low-fat cheese and low-fat (or no) condiments
- ❖ Fresh vegetables with low-fat or fat-free dip

Dessert Bar

- ❖ Fresh fruit or fruit salad with sugar-free whipped cream (1 Tbl.)

DID YOU KNOW...

You qualify for *special savings* on the Jenny Craig Program. Visit your employer/member website for your special offer coupon. Then call **1-877-Jenny70** and get started today!