

Dining Out Tips



- Order salad dressings and other sauces on the side. This way, you have control over how much or how little you add.
- When ordering grilled fish or vegetables, ask that the food either be grilled without butter or oil, or prepared "light," with little oil or butter.
- When ordering pasta dishes, look for tomato-based sauces rather than cream-based sauces.
- Drink water, diet soda, or unsweetened tea or coffee instead of regular soda or alcoholic beverages.
- Share an appetizer and the dessert with a friend. Half the dessert equals half the calories.
- When choosing a soup, keep in mind that cream-based soups are higher in fat and calories than most other soups. Soup can serve as a great appetizer to a meal, or as an entree. Most soups are low in calories and will fill you up, so you eat less.
- Order steamed vegetables as a side dish instead of starch.
- Ask for salsa with a baked potato instead of sour cream, butter, cheese, or bacon. Salsa is very low in calories and a healthy alternative with a lot of spice.
- Stop eating when you are full — listen to the cues your body gives you.
- Order sandwiches with mustard rather than mayonnaise or "special sauce." Mustard adds flavor with virtually no calories.
- Take half of your meal home. The second half can serve as a second meal! (Two meals for the price of one: What a deal!)
- If you want to eat less, order two appetizers, or an appetizer and a salad, as your meal.
- Opt for baked potato or steamed vegetables rather than french fries for your side dish.
- Look for items on the menu that are baked, grilled, dry-sauteed, broiled, poached, or steamed. These cooking techniques use less fat in the food preparation and are generally lower in calories.
- Don't be afraid to ask for special low-calorie or low-fat preparation of a menu item. The restaurant industry is one of hospitality and customer choice.
- Plain bread or yeast rolls are relatively low in fat and calories. It's the butter and oil you add that increases the fat and calories.
- Choose entrees with fruits and vegetables as key ingredients. Enjoy the flavors they offer. Fruits and vegetables are a good source of dietary fiber as well as of many vitamins and minerals.
- Choose foods made with whole grains such as whole-wheat bread and dishes made with brown rice.
- Enjoy foods that are flavored with fresh herbs rather than fats such as oil and butter.
- If you are craving dessert, opt for something low-fat, like sorbet, fresh berries or fruit.
- Remember not to deprive yourself of the foods you love. All foods can fit into a well-balanced diet.

Packing Healthy Lunches



A well-balanced lunch should include all 5 food groups: a lean protein, a whole grain, a fruit, a vegetable, and a source of calcium. Whether it's a sandwich, leftovers, or a salad, a well-balanced lunch will keep you energized for the rest of the day.

Here are some tips for packing a nutritious lunch:

1. **Lean Protein:** Choose lean meat such as turkey, chicken breast, lean roast beef, or lean ham. Peanut butter, hummus, and bean spreads are also great options for protein. Limit bologna, salami, chicken, and turkey rolls: the proportion of fat to lean protein is higher.
2. **Whole Grain:** Make a sandwich with whole grain bread, a mini wheat bagel, pita, or flat bread. Add brown rice or barley to hot meals and soups. Whole grains will not only supply you with but will also keep you feeling full longer.
3. **Fruit:** Grab a piece of fresh fruit such as an apple, pear, banana, blueberries, or grapes. Try to vary the colors of fruit you eat daily to consume a variety of nutrients. Choose those in season to keep the cost down.
4. **Vegetable:** Raw vegetables have not lost any nutrients by being cooked and are an easy item to add to your lunch. Cut and prepare carrot sticks, celery sticks, and cucumber slices the night before. If you want add a fat free dip to serve with your veggies. Also add lettuce, tomato, and onion to sandwiches. Try a vegetable-based soup, such as tomato made with skim milk, Manhattan clam chowder, squash soup, or a vegetarian vegetable soup.
5. **Dairy:** Low fat or fat-free milk, reduced fat cheese or yogurt are all great sources of calcium.
6. **Food Safety:** Insulated bags are good investments if you plan on bringing your lunch, as well as thermos bottles, plastic containers and ice packs. These items will help keep your food cold, while preserving the freshness. Do your part in keeping the break room clean: clean up spills and dispose of old food. By doing so you are ensuring food surfaces and appliances you use to store and prepare your food are free from harmful bacteria.

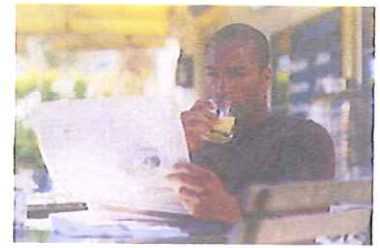
Packing a healthy lunch is more nutritious, and also saves you time, money and calories. Be sure to drink water throughout the day and bring enough fruits and vegetables for snacks as needed.

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Stress Prevention Tips



Stress can lead to a variety of diseases, which include high blood pressure, heart problems, migraine headaches, back pain, ulcers, and some types of cancer. Symptoms of stress may include: headaches, tense muscles, shaking hands, fatigue, insomnia, heartburn, nervousness, fearfulness, confusion, worry, irritability, hostility, and an inability to concentrate.

Here are 10 easy tips to help you prevent stress:

1. Avoid controllable stressors - many stressful situations can be under your control.
2. Realize your limitations - learn to say "no" to responsibilities that you may not be able to handle.
3. Prioritize - when faced with more than one task to accomplish, prioritize and then take one step at a time.
4. Improve communication - you can prevent relationship stress at home and in the workplace by listening carefully, admitting when you are wrong, giving compliments, and expressing your thoughts and feelings assertively.
5. Share your thoughts - talk to someone that you can trust. They may be able to offer helpful advice.
6. Develop a positive attitude - without a positive approach to life, preventing and managing stress is very difficult.
7. Reward yourself - treat yourself as you successfully overcome challenges.
8. Exercise - it is one of the most effective means of preventing and managing stress.
9. Eat well - nutritious meals can help you to feel better and more energized to get things accomplished.
10. Sleep well - a good night's sleep can help you develop a healthier lifestyle that is less conducive to stress.

Remember, even if you are in the best physical condition of your lifetime, you may still be at risk for stress-related disorders. It's important to take time for yourself and the activities you enjoy to live a stress-free life.

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