

# Master a Supportive Eating Pattern

**One way to stick to a healthful eating plan is to find easy ways to make healthful decisions throughout the day. Though the same eating pattern does not work for everyone, it is important to find ways to Eat Right throughout your day, no matter how busy your schedule.**

<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>• Start the day off right with a well-balanced breakfast</li> <li>• Sets the tone for an Eat Right day</li> <li>• Provides energy, nutrition and gets your metabolism going</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>• Fit in a nutritious lunch no matter what your schedule</li> <li>• Include measured portions of protein, vegetables and whole grains to stay full and satisfied</li> <li>• Plan ahead and pack lunch for the week or from last night's dinner leftovers</li> </ul>
<b>DINNER</b>	<ul style="list-style-type: none"> <li>• Plan meals in advance and make preparation easy by incorporating our meal prep tips</li> <li>• If dining out, follow the restaurant survival strategies on the 2 Step site to maintain an Eat Right day</li> <li>• Avoid finishing off the day with a high-calorie dessert; Plan a more healthful option if your sweet tooth strikes and keep supportive foods in sight</li> </ul>
<b>SNACKS</b>	<ul style="list-style-type: none"> <li>• Keep nutritious and portable snacks on hand and out in the open</li> <li>• Consider your home, work and the other environments you encounter and be prepared in each location</li> <li>• Eat healthful snacks to avoid a hunger food trap full of less healthful options</li> </ul>

**It's true breakfast is the most important meal of the day. It also happens to be one of the most likely skipped meals, especially during the rush of the weekdays. Check out these suggestions for a better breakfast:**

<b>Less Healthful</b>	<ul style="list-style-type: none"> <li>• Skipping</li> <li>• Fried eggs made with oil and buttered toast</li> <li>• Sugary breakfast bar, oversized bagel with cream cheese, muffin, pastry</li> <li>• Unmeasured portion of high-sugar, low-fiber cereal</li> <li>• Drive through order (ex. sausage, egg and cheese biscuit with hash brown potatoes)</li> </ul>
<b>Better Breakfast</b>	<ul style="list-style-type: none"> <li>• Plan ahead – make breakfast in advance, wake up earlier, stock healthy grab-and-gos</li> <li>• One whole egg or two egg whites prepared without oil or butter, dry wheat toast, 1-2 servings vegetables or fruit (quick tip: hard-boil eggs in advance)</li> <li>• 1 cup low-fat, unsweetened yogurt or cottage cheese, 1-2 servings fruit and cinnamon</li> <li>• 1 reduced-calorie bagel, 1 tbsp. reduced-fat cream cheese, 1 serving fruit</li> <li>• 1 cup cooked oatmeal or 1 measured portion high-fiber, low-sugar cereal, 1-2 servings fruit; 1/2 cup skim milk</li> <li>• Breakfast smoothie (1 cup skim milk or yogurt, 1-2 servings fruit, ice)</li> <li>• Occasional drive through egg and ham on English muffin without cheese, 1 serving fruit</li> </ul>



**Louisiana**

**Lunch is another meal that can quickly pass by in the rush of the day. Skipping this meal or stopping at a fast-food restaurant without a low-calorie plan doesn't support an Eat Right plan. These lunch strategies make this meal more manageable and healthful.**

**Less Healthful**

- Skipping
- Restaurant, fast food, take out, high-calorie cafeteria foods
- Snacking mindlessly, but not eating a nutritious meal – hitting the vending machine, office candy or treats

**Better Lunch**

- Plan ahead - pack a lunch in advance (salads, sandwiches and soups are easily prepared in advance)
- Follow 2 Step Restaurant Strategies and dine out only occasionally
- Keep healthful foods at work: Fresh fruits and vegetables, low-calorie frozen entrees, low-sodium canned soup, low-fat string cheese, steamer vegetable bags, instant brown rice
- Measure single servings of dinner the night before so it's ready to go in the morning

**After a long day at work and ready for a quick, filling meal, dinner often turns into a major challenge without proper planning. Keep healthful foods on hand, and do as much as possible in advance to make dinner at home as convenient as the drive-through.**



**Less Healthful**

- Skipping
- Restaurant, fast food, take out, ordering in
- Snacking mindlessly or choosing a quick, but less healthful option – high-calorie packaged meals
- Unmeasured portions of meat, grains and high-calorie preparations

**Better Dinner**

- Plan ahead and complete as much prep work in advance for ease – freeze meals, prepare on weekend, etc.
- Follow the 2 Step Restaurant Strategies and dine out only occasionally
- Stock the pantry with easy-prep ingredients: Frozen vegetables, low-calorie frozen entrees, low-sodium canned soups, beans, instant brown rice, wheat pasta
- Measure portions of meat and grains, fill half the plate with vegetables first, use healthful cooking methods



**Surprise! Snacks are part of a well-balanced diet. In fact, a nutritious snack mid-morning or mid-afternoon can make the difference between making a healthful choice at the next meal or grabbing the first thing to satisfy our ravenous hunger. Choose snack foods wisely and measure servings. Keep foods such as candy, baked goods, pastries and chips as occasional treats and not daily or weekly snack options.**

**Less Healthful**

- Skipping and going hungry
- Vending machines
- Candy, sweets, baked goods, other treats
- Unmeasured portions of chips, crackers, pretzels, etc.

**Better Snack**

- Plan ahead – keep healthful snacks at home, in the office and in your car
- Avoid walking past the machine
- Think easy to reach and portable
- Stock the office with healthful options – canned or fresh fruit and vegetables, low-fat or non-fat unsweetened yogurt or cottage cheese; unsweetened applesauce
- 1 measured serving reduced-fat, air-popped popcorn
- Raw vegetables with low-fat dip
- 1-ounce serving pre-measured nuts (avoid eating from container)