

WHAT'S ON THE MENU

HEALTHY EATING
FOR YOU AND
YOUR FAMILY



Healthy eating isn't about strict diets or following the latest fad. A few small changes such as adding more fruits and vegetables, lowering sugar intake, and watching portion size can add up to a more energetic, healthful lifestyle for you and your family.

TOLL-FREE: **800-713-6288**

WEBSITE:

www.apshelplink.com

COMPANY CODE: **southdakota**

Available anytime, any day, your Latitude Employee Assistance Program (LEAP) is a free, confidential program to help you balance your work, family, and personal life.

WEBINAR

Eating Your Way to Wellness

Nov 18 — 11 am, 1 pm CT

Healthy eating can have a significant impact on your overall wellness.

Learn to choose and prepare healthy foods, receive tips for eating healthily, and find resources to make eating healthy a habit.

Latitude
Employee Assistance Program

NOV 2014

LATITUDE
EMPLOYEE ASSISTANCE PROGRAM



Eating Healthy *On-the-Go*

When your day starts with a whirlwind of activity and doesn't stop until you are in bed, it can be challenging to ensure you and your family are eating healthy. It may feel like yet another item on your to-do list; however, with a little planning you may be surprised at just how doable it can be.

What You Can Do

Plan ahead.

Create a plan for meals and snacks for the week ahead. While this can sometimes feel like a daunting task, it actually provides you with so much more control over your week. Once you have your meal plan, go to the grocery store before the week officially begins. If you struggle with ideas for meals and snacks, try looking online, buy a new cookbook for inspiration, or ask friends or family for some recipe ideas.

Start the day off right.

Don't let breakfast become a casualty of busy schedules. Instead try to start your family's day with a healthy breakfast. This will set the tone for the rest of the day in terms of feeling healthy and energized. Since time is tight in the morning, try rotating the same 2-3 breakfast dishes throughout the weekdays. For example:

- **Monday:** Fried egg sandwich with tomato and avocado
- **Tuesday:** Oatmeal with maple syrup, nuts and berries
- **Wednesday:** Breakfast parfaits (layer yogurt, fruit and granola)
- **Thursday:** Fried egg sandwich with tomato and avocado
- **Friday:** Oatmeal with maple syrup, nuts and berries

Prepare lunch.

Bringing lunch to work or school is usually the most healthy and cost-effective option as long as they are packed with whole grains, fresh fruits, veggies, legumes or lean meats. If your kids buy lunch at school, talk with them beforehand about choosing healthy options from the school lunch menu.

Host a meal exchange.

Invite a handful of friends to join in where everyone makes a dinner (in a large batch) that can be divided and frozen for each person in the group. After the meals are exchanged, you end up with a freezer full of different, new ready-to-eat meals.

Snack healthy.

A common myth about snacking is that it's not good for you. On the contrary, snacking takes the edge off hunger that occurs in between meals. The key is to make sure you are eating one scheduled snack between meals rather than mindless snacking throughout the day. Remember to pack the snacks with you and your kids for the day so you aren't tempted to buy unhealthy snacks. Some healthy snack ideas:

- Fresh fruit
- Fresh veggies and hummus
- Whole grain crackers and cheese
- Smoothie
- Popcorn
- Almond butter and celery
- Edamame (soy beans)
- Trail mix

For more healthy living tips and tools, visit the website or call the toll-free number listed below.



www.apsheplink.com



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