Welcome to the June Statewide Wellness Virtual Lunch and Learn

Hosted by: OSHR Worksite Wellness

If you participate in the State Health Plan, you can find a nutritionist close to you by logging into your BCBCNC account or calling BCBS. Dietitian visits are covered at 100% when an in-network provider is used.

Visit www.shpnc.org to learn more.

Let’s LUNCH AND LEARN!
Travel Tips for a Healthy Summer!

Presented by Katie Godin, RD, LDN
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- Lifestyle Medical Centers offers Nutrition Counseling to assist with educating you on how to make positive lifestyle changes alongside continual support and encouragement.

- **Services offered:**
  - Weight Management
  - Women’s Health
  - Sports Nutrition
  - Chronic Disease Counseling
  - Bariatric Support
  - Smoking Cessation
  - Sleep Assessment and Stress Management
Tip #1: Go Shopping!

• Scout out a local grocery store before you head on your trip.

• To start – plan for easy breakfast and snack options and think about if you will be eating any dinners "at home" vs. Out while on vacation.
Tip #2: Stick to a food schedule

- Try to keep to your same food schedule you do when not on vacation.
- Eating every 3-4 hours helps to keep blood sugars regulated.
- We make better decisions when we have regularly eaten throughout the day.
Tip # 3: Always start the day off with a healthy balanced breakfast!

• It is the most important meal – even on vacation!

• When you start your day off right, you are more likely to make better decisions the rest of the day.

• Keep breakfast simple! Include a protein, fat, and carbohydrate to keep it balanced.
Tip # 4: Pack Snacks

- Nuts
- Fresh Fruit
- String cheese and crackers
- Hummus/Guacamole and veggies
- Frozen Grapes
- Protein Bar
Tip # 5: Cook when you can!

- Look for accommodations with a kitchen or the ability to prepare some simple meals!
- Try to set limits on the amount of meals you will eat out. Example - most breakfast/lunches you will make from vacation spot and dinners will be eaten out.
- If going with other families, switch off who will be cooking.
Tip #6: Plan ahead for dining out

• Look at local restaurants prior to your vacation.
• Try to decide where you will eat before you go.
• Look at the menu before you go
• Do not go starving!
• Try the pick two method: Appetizer, Entrée, Dessert, Alcoholic Beverage – pick two of the four.
Tip #7: Keep Moving

- Add in short walks when you are able.
- If you enjoy the gym and you have access to one, make time for quick trips here and there.
- When planning your trips, make sure activity is a part of it (hiking, biking, walking..)
Tip #8: Enjoy yourself! It's all a balance!

- You can certainly splurge and listen to those desires when on vacation! It's all a balance.
- The more planning involved, the better you will feel about the decisions you are making.
- All of the tips previously discussed will help you achieve that healthy balance while also feeling you can enjoy those favorite vacation classics at the same time!
Tip #9: Stay Hydrated

• Keep water on hand at all times.
• Try seltzers, fresh fruit squeezed / infused in water, and flavored unsweetened iced teas.
Tip # 10: Try to limit your calories

- Mocktails can be great alternatives to alcoholic beverages.
- Try alternating water with alcoholic drinks.
- Hydration is the most important thing especially in the summer – remember tips just mentioned.
Tip # 11: Consider tracking if that helps you

- Having a plan and writing it down can be very helpful however sometimes people find this very consuming.
- Track if this has typically kept you grounded in the past.
Let's Cook!

• Strawberry Mimosa Mocktail
• Creamy Red Potato Salad
• Broccoli Bacon Salad