

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



LifeStyle
MEDICAL CENTER

Evidence-based Lifestyle Modification
and Medical Nutrition Therapy

Katie Godin, RD, LDN

- 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

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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.



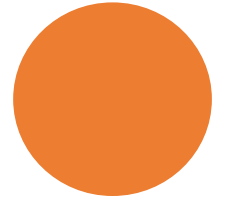
Tip #7: Keep Moving

- 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..)



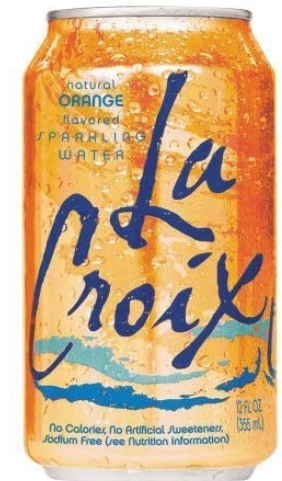
Tip #8: Enjoy yourself! It's all a balance!

- 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

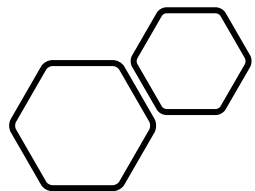
- Keep water on hand at all times.
- Try seltzers, fresh fruit squeezed / infused in water, and flavored unsweetened iced teas.





Tip # 10: Try to limit drinking 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

