

Session #9: Healthy Lunches

Time Frame Recommended: 30 minutes

Session Format

1. Weigh in and Height Measurements

See session #1 for addressing weight loss/ maintenance goals

2. Review of food records and activity records

Continue to review food records carefully to determine if portion sizes are being calculated correctly. Ask if fluid was tracked this week and determine how much water was consumed.

Continue to review the times meals and snacks are eaten as well as any food groups that continue to be over or under consumed on a regular basis. Review strategies to correct under or over consumption with your client and his or her family.

3. Review of last session's goals and track goals achieved

Review the goals that were created at the last session. Discuss what has been done to achieve these goals. Review the *Water Tracking Form* with your client. Ask if there was a certain time of day or certain days during the week that drinking water was the most difficult. Discuss ways to continue to

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a. Healthy Lunches Handout

Discuss why eating lunch every day is important as it keeps our energy level up and prevents excessive hunger later in the day. Ask what your client eats for lunch most days. Many times, children buy school lunch, which may attribute to an increased amount of fat and calories, depending upon the meals offered. Children may also bring sugary beverages to lunch or fill up on high fat or sugar snacks such as candy and cookies. Children may also be switching the foods they bring to school with foods that their friends bring. It is important to ask your client about all these situations.

If your client tends to buy high fat lunches at school or brings calorically dense beverages or snacks to school for lunch, discuss how these foods are acceptable once in a while, however consuming them every day can lead to an increased calorie intake and interfere with weight loss and

maintenance goals. Discuss lower calorie food options that your client may enjoy to replace these foods. Ask if your client would be willing to buy school lunch only once a week or limit sugary drinks to one time a week as a special treat.

Review some of the healthy lunch ideas on the worksheet. Ask if any of these foods would be appealing for lunch. Discuss what makes these foods healthier compared to some of the lunch options he or she is currently choosing.

Ask your client:

1. What do you eat for lunch most days?
2. Does the lunch you eat on the weekend differ from the lunch you eat during school days?
3. If you buy school lunch, what do you buy?
4. What do you drink for lunch?

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consider trying the alternative food options most days to make lunch even healthier.

c. Lunch Makeover Worksheet

Using the worksheet provided, have your client brainstorm ways to improve the nutrition content of the sample lunches. For instance, bologna can be replaced with a low fat lunchmeat such as turkey. Low fat milk or water can be substituted for soda and juice. A grilled chicken sandwich would provide fewer calories and fat than a hamburger. Low fat chocolate pudding or a fruit salad would be a sweet replacement for a candy bar.

5. Create 3 new goals

If your client was unable to attain a previous goal, make that a goal for this upcoming week and provide the family with suggestions to make the goal more attainable.

One goal for this week should be to perform a “lunch makeover” and include healthy alternatives to any high sugar or high fat lunch foods that are usually consumed. Or if your client tends to buy school lunch daily, make a goal to pack a lunch every day and buy lunch only one time this week. Another goal(s) can be created based upon areas your client is struggling in, identified

by reviewing the client's food and activity records. Discuss each goal with the client and ask your client how he or she plans to achieve this goal. Use the "Goal Sheet" (**Appendix B**) to list client goals.

6. Provide patient with weekly food and activity record forms
Provide the client with enough **food records and activity record forms (Appendix B)** for each day until the next visit.

Assignment

If school lunch is bought often, have your client bring in the school lunch menu so you can help him or her to make healthy lunchroom meal selections.

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Healthy Lunches



Lunch is a great way to fit in the nutrients we need everyday. However, depending on the choices we make at lunch, we may choose lunches full of the vitamins and minerals our body needs to grow strong and healthy, or we may choose lunches high in energy but lacking in vitamins and minerals.

Lunch should include a high amount of vitamins, minerals, and fiber without a high amount of calories. A healthy lunch should include:

- ⇒ Whole grain bread (or another whole grain starch such as a whole wheat tortilla)
- ⇒ 1 fruit and/ or a vegetable (a whole fruit or vegetable, fruit juice or juice box no fiber)

SAMPLE

2 slices whole wheat bread
 2 oz turkey breast
 1 slice low fat cheese
 Lettuce and tomato
 Mustard (add to taste)

Exchange: 2 starch, 3 protein

Pizza Day!

1 reduced calorie whole grain English Muffin
 2 oz part skim mozzarella cheese
 2 Tbs. Pizza sauce
 1/2 C vegetable topping (broccoli, mushrooms, etc.)
 Melt cheese prior to packing/ serve cold at school

Exchange: 1 starch, 2 protein, 1 vegetable

2 slices reduced calorie whole wheat bread
 2 Tbs. Light jelly
 1 Tbs. reduced fat peanut butter

Exchange: 1 starch, 1 fat

Veggie Wrap

1 whole grain 6 inch tortilla
 2 oz lean protein (turkey, chicken, low fat cheese)
 1/2 C shredded carrots, tomato, and lettuce
 2 Tbs. Low fat dressing

Exchange: 1 starch, 2 protein, 1/2 vegetable, 1 fat



Healthy Lunch Alternatives

<i>Usual Choice</i>	<i>Healthier Alternative</i>	<i>Explanation</i>
White bread	Whole wheat bread, pumpernickel or 100% rye bread	Whole grain bread has more fiber, which makes you feel full longer than white bread
Bologna or Salami	Lean lunch meat such as turkey or chicken breast or low fat bologna or salami	Bologna and Salami are high fat lunch meats. By selecting lean protein choices you can cut back on your daily fat and calorie intake.
Cheese	Low fat or fat free cheese	Cheese is a great source of protein and calcium. Regular cheese is very high in fat and saturated fat. By choosing the low fat or fat free varieties, you can cut down on total fat and energy intake.
Mayonnaise		

SAMPLE

Fruit juice or fruit drink	Fruit cup canned in juice or a piece of fruit	lots of sugar without fiber, meaning they do not help us feel full. Whole fruit has fiber, helping you feel full longer.
Cookies or Cake snacks	Peanut butter on whole wheat crackers	Cookies and cakes are full of sugar with few vitamins and minerals. Whole wheat crackers give us fiber and peanut butter provides us with healthy fat as well as protein and fiber.



Lunch Makeover



Look at the sample lunch menu and suggest some changes that can be made to make these lunches healthier.

Lunch #1: School Lunch

Bologna Sandwich
2 slices white bread
3 slices bologna
1 Tablespoon mayonnaise
1 chocolate candy bar
12 oz. orange juice
1 small bag of potato chips

Name three changes that can be made to this lunch to make it healthier.

SAMPLE

Hamburger
3 oz. ground beef patty
1 hamburger roll
1 small serving of French fries
16 oz. soda

Name three changes that can be made to this lunch to make it healthier.

1. _____
2. _____
3. _____