

Reboot Your Lunch

KARLEIGH JUREK, MS, RD, LD

SENIOR WELLNESS COORDINATOR

BREAKFAST

IS THE
most important

MEAL

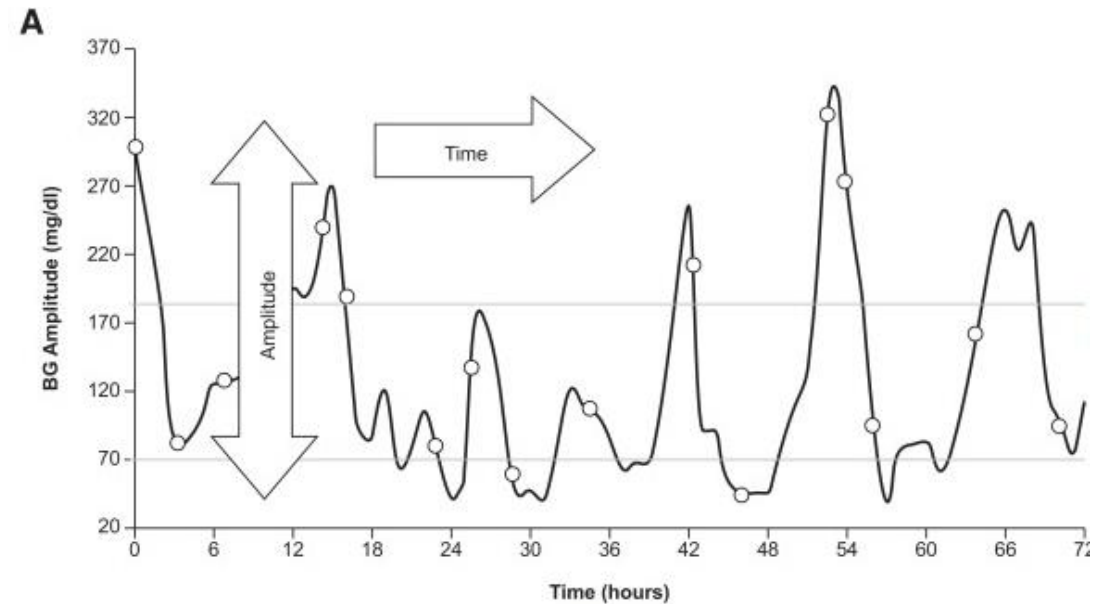
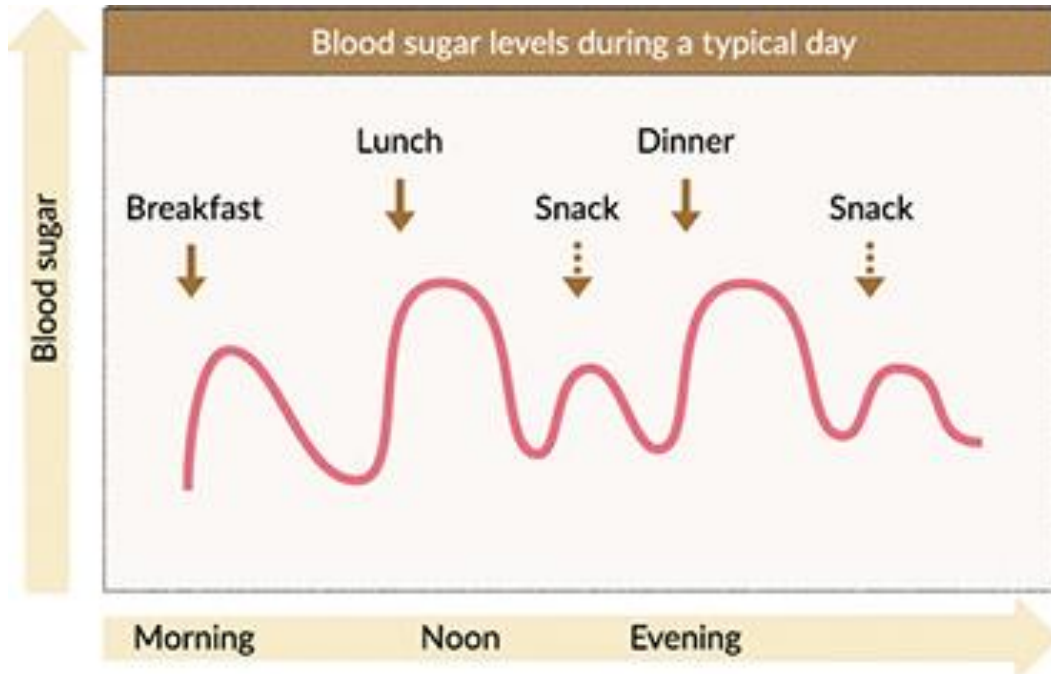
OF
THE
DAY



Energy Regulation

Eating at regular intervals helps to regulate blood sugar levels to a normal level

The goal is to have consistent blood sugar increases and decreases – this leads to consistent energy levels



Why do we Need to Eat Lunch?

Studies have found that kids who eat lunch performed better on tests¹

- Kids who ate a midday meal performed 18% higher on tests compared to those who didn't

Eating lunch is important for kids and academic performance, but what about adults?

- Studies have found that less than 20% of people step away to have lunch and 39% usually eat lunch at their desks

Rajshri Jayaraman, Tanika Chakraborty. **School feeding and learning achievement: Evidence from India's midday meal program.** Accepted at *Journal of Development Economics*, 2019



Why do we Need to Eat Lunch?

Taking a lunch break provides you with energy, but it can also affect creativity

- Stepping away from your work has been found to help improve productivity, creative thinking, mental health and more
- When taking a lunch, try to step away from your work space – opt to eat outside if possible
- Aim to take at least 20 minutes – start small if you need

Studies have found that those who skip meals regularly tend to eat more calories throughout the day compared to those who don't

- Skipping lunch seems like a way to cut calories – this is a myth!
- The key is to maintain consistent energy levels
 - Through eating regularly and eating the right foods!

Lunch Breaks

Lunch is a great opportunity to get active as well!

- Take a walk, do a quick yoga sequence, do some squats and pushups
- Check out the virtual classes provided by the fitness center available on the BP intranet website

Being physically active can help improve focus, mood, bone density, muscle mass, cardiovascular health, and more!

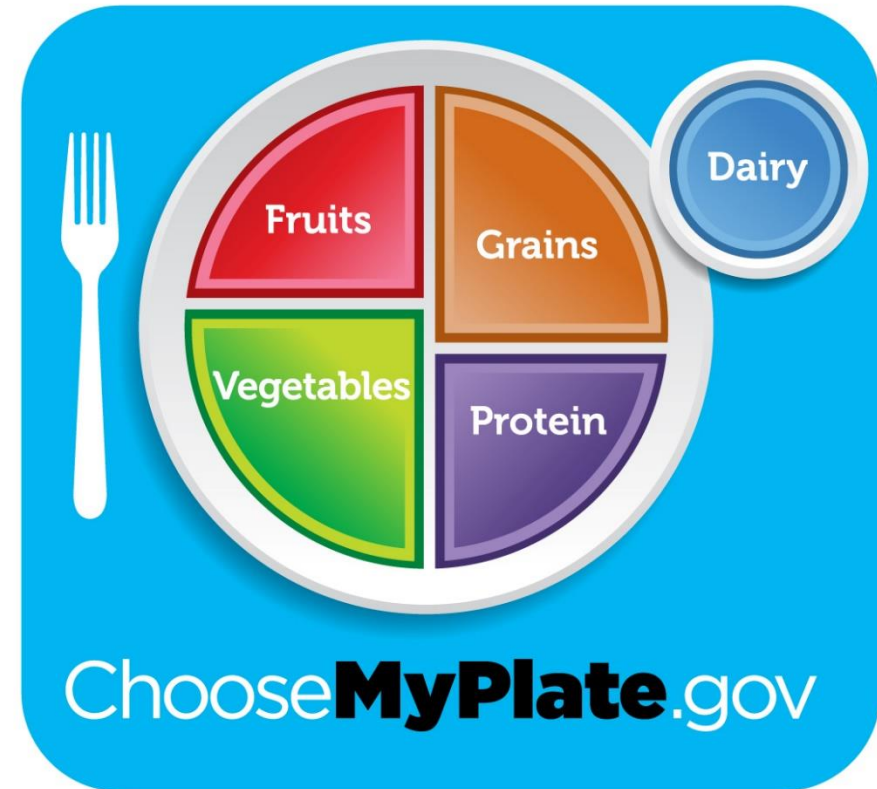
The American Heart Association recommends 150 minutes of moderate exercise weekly

- Even 10 minute bursts of activity count towards this goal

Include kids in the exercise too!



What Does a Balance Lunch Look Like?



How to Build a Lunch

Include at least 1 serving of the following:

- Complex carbohydrate
- Lean protein
- Healthy fat
- Vegetable/fruit
- Dairy

How to Build a Lunch

Carbohydrates

- Whole grain crackers
- Whole grain bread or wrap
- Fruit
- Rice, quinoa, grain

Lean Protein

- Chicken
- Fish
- Beans
- Beef
- Pork
- Hardboiled egg

Healthy Fat

- Avocado
- Nuts and seeds
- Olive oil or salad dressings

Dairy

- Milk
- Yogurt
- Cheese
- Cottage cheese
- Sour cream











Conclusions

Every meal is considered important – lunch included!

- It helps improve focus, productivity, creativity, and even test scores

Taking a lunch break is important

- A break from your workspace provides similar benefits
- It's a great opportunity to get active!
 - Involve your kids

Creating a balanced lunch can be easy!

- Include the appropriate food groups

Thank you! Questions?

CONTACT: KARLEIGH.JUREK@COMPASS-USA.COM