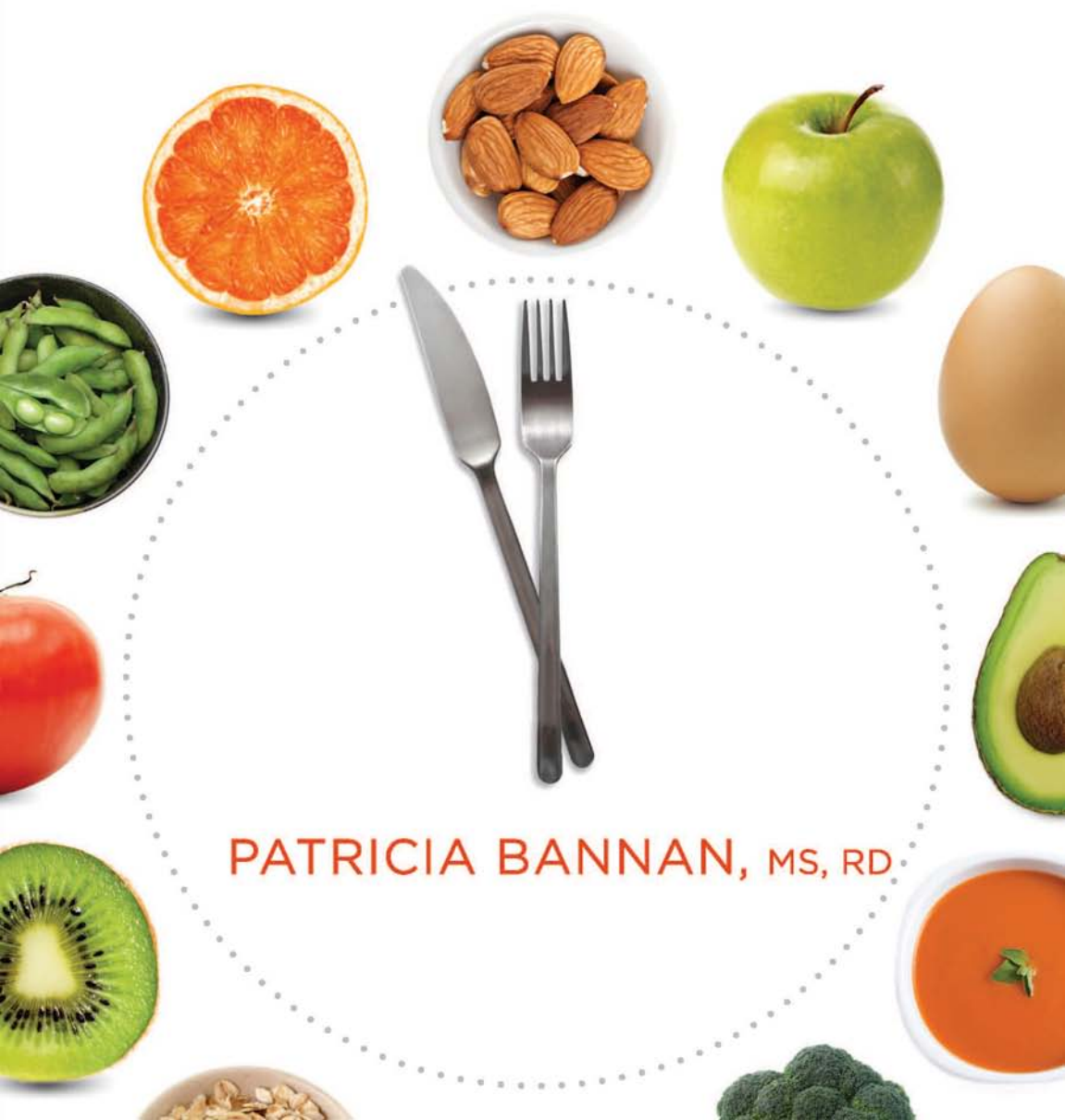


150 Slim-Down Strategies and No-Cook Food Fixes

EAT RIGHT WHEN TIME IS TIGHT



PATRICIA BANNAN, MS, RD

What Experts are Saying...

“Eat Right When Time Is Tight is a must-have for time-starved women everywhere who want to eat well, stay focused and energized, and achieve and maintain a slimmer physique. Patricia has put together a smart, enjoyable read that’s jam packed with practical, real-world, science-based nutrition and lifestyle tips women can easily fit into their harried lives wherever, whenever they eat. I highly recommend it!”

~~ELISA ZIED, MS, RD, CDN, past Spokesperson for the
American Dietetic Association and author of
*Nutrition At Your Fingertips, Feed Your Family Right!,
and So What Can I Eat?*

“A wealth of common sense solutions. Patricia Bannan serves up nuggets of nutrition that a busy woman needs to succeed.”

~~LORI CORBIN, nutrition reporter,
KABC-TV Los Angeles

“This book is not a fad. It’s a plan you’ll want to stick with for the rest of your (busy) life.”

~~JEANNE GOLDBERG, PhD, RD, professor and director
of the Graduate Program in Nutrition Communication, Tufts
University

“A timely tome for women everywhere who are overworked, overscheduled, and over trying any more fad diets. This book is packed with easy, proven, smart strategies that will get you slim and healthy in no time at all!”

~~KATE GEAGAN, MS, RD, America’s green nutritionist and
author of *Go Green, Get Lean*

“Patricia Bannan’s simple strategies and solutions will save you time, boost your energy, improve your mood, and better your short-term and long-term health.”

~~DR. STEVE SALVATORE, medical correspondent/anchor,
PIX Morning News New York

What Experts are Saying... (cont'd)

“If you have little time for cooking, it’s nice to know there’s a guide that can help. Patricia Bannan’s meal ideas and strategies are clever, satisfying, and naturally nutritious.”

--JACKIE NEWGENT, RD, CDN, culinary nutritionist and author of *The All-Natural Diabetes Cookbook* and *Big Green Cookbook*

“*Eat Right When Time Is Tight* uncovers the Holy Grail of weight loss on the go: A complete, yet simple plan that will actually work for you — and will keep on working. Patricia has created a very doable regimen that shows you how to achieve a healthy mindset, healthy body, and healthy relationship with food, regardless of how much time you have to spend.”

--ANNE M. RUSSELL, Editor-in-Chief, VIV magazine

“Dietitians know that the strongest predictor of weight loss success is personal motivation. Patricia’s brilliant strategies will keep you really motivated to lose weight the healthy way.”

--CAROLYN O’NEIL, MS, RD, former CNN Food & Health correspondent, registered dietitian and co-author of: *The Dish on Eating Healthy and Being Fabulous!*

“In this book, Patricia helps busy readers conquer the time barrier for good. Her tips and tricks make it easy to eat natural, whole foods on-the-go.”

--CYNTHIA SASS, MPH, MA, RD, CSSD, registered dietitian and New York Times bestselling author

“*Eat Right When Time Is Tight* is the perfect book for any time-pressed woman striving for optimum health and a slimmer physique. I love that it’s full of practical and realistic nutrition tips based on science. As a busy Mom this makes my life a whole lot easier to keep on track and be the best that I can be. I highly recommend it!”

--TRACEY MALLETT, fitness expert and author of *Super Fit Mama and Sexy in 6*

“The meals and strategies are healthy and realistic, and now right at my fingertips. I expected nothing short of a fantastic guide to healthy living on the go from Patricia. And here it is: a fun, entertaining, and easy to use book based on the latest scientific information. Thank you, Patricia!”

--LINDA CIAMPA, RN, freelance correspondent
and producer for CNN Private Networks

.....

“Every trainer knows working out is only part of the equation. Patricia Bannan’s tips and tools will keep you fit inside and out, both physically and nutritionally.”

--KATHY KAEHLER, celebrity fitness trainer,
author and creator of Sunday Set-Up™

.....

“At last, a guilt-free book packed with good nutrition and weight loss secrets and tips for the time crunched person. Patricia Bannan has compiled a treasure trove of wonderful suggestions of healthy foods that go the distance whether you are on the go, on the road, trying to lose weight or just need a quick meal at home.”

--KATHLEEN ZELMAN, MPH, RD, LD,
award-winning nutrition journalist

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EAT RIGHT WHEN TIME IS TIGHT

150 Slim-Down Strategies and No-Cook Food Fixes

PATRICIA BANNAN, MS, RD

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Dedication

To my parents Joanne and Bill, for their unwavering support and unconditional love.

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EAT RIGHT?

Who Has Time?

You'd eat healthier, if only you had the time. A quick glance at your Blackberry tells you that will happen sometime between today and—exactly never.

You're not alone. Today's women have the same twenty-four-hour days their moms and grandmothers did, but our to-do lists are much longer—and always growing. Women are overbooked, overloaded, and overwhelmed, so it's no surprise that eating well is a challenge. And let's not forget the guys. They face longer hours at work, more family pressures (whether they're parents or not), and a host of issues (think mortgage meltdowns, keeping up with technology, and an ever-changing, insecure work landscape) their dads didn't have to worry about.

Ask today's woman about her day and you'll hear "Busy." "Crazy." "Insane!" Sure, you may *want* to eat better, lose weight, or set a better example for your kids, but these noble goals fall by the wayside when you're dealing with an iPhone that chirps every two minutes.

If this is ringing a bell (or lots of them), take heart. I'm here to help. You *can* eat better, no matter how busy you are, how many projects are pending at the office, and how many kids tug at your sleeves. My simple strategies and solutions will save you time, boost your energy, improve your mood, and better your short-term and long-term health. You'll even shed pounds in the process—without suffering.

Weight loss without suffering? More energy? Better health? Happier outlook? You think this sounds too good to be true? Well, it isn't — and this plan comes with a hidden bonus. These strategies not only *save* time—in the long run they *give* you time. By adopting these strategies you'll gain time and improved productivity in the short run and, thanks to improved health, you will add more time and better quality of life in the long run.

I want you to know I've struggled with many of the issues you face. I'm not a naturally skinny dietitian, model, or actress blessed with great genes telling people how to eat right while I nosh on whatever I want. I grew up a chubby, freckled-faced kid (although not so chubby by today's standards—kids are heavier than ever before). I started dieting my freshman year of high school and lost weight. I got attention for it and felt good. To keep the weight off I had to cut even more calories, but I stopped losing weight. This wasn't something I could maintain, so I ended up gaining back all the weight.

By the time I reached my twenties, I vowed to find a healthy way to lose weight and keep it off. That's why I decided to study nutrition in college and later become a registered dietitian. I wanted to absorb everything I could learn about the science and psychology of eating right. Now I'm passionate about helping people eat better and reap the rewards, including weight loss, better mood, more energy, improved health, and higher self-esteem.

Embracing these strategies provided an unexpected payoff: more time, plus the energy to make the most of that time. Today, in my

late 30s, I don't have to learn about nutrition. I know what and how to eat and how to make the most of my minutes, nutrition-wise. And this has paid off in a variety of ways. I'm fit and healthy but I'm not a "twig" and never will be. Sure, I have to work to stay healthy and fit, which means making smart choices (at least most of the time) and exercising even when I don't feel like it. And while I have "fat days" like everyone else, I know how to get back on track—even when I'm working fourteen-hour days or constantly on the road.

You can learn how to do the same thing. Once you start embracing the Master Strategies, mini-strategies, and meal suggestions in the following chapters, you'll develop healthier eating habits that stay with you for good. While you'll invest time in reading this book and putting the strategies into place, once they become habits you'll boost your own personal Time Factor and discover you have more time in your day and you're more productive overall.

The Ever-Shrinking Day: Your Biggest Eating Obstacle

“My biggest obstacles to eating right and keeping the weight off are two-fold: time and my husband. After a twelve-hour day door-to-door, the last thing I want to do is make a meal. That means I either grab fast food on the way home or put the hubby in charge of dinner. The former means I might choose something “healthy” like a soup or salad from Panera, which can still total 1,000 calories, and the latter means a heaping portion of meat, usually red, alongside a giant potato (note a general lack of any veggie—or anything of the green, leafy variety).”

—Jill, 28, corporate communications writer

Ever felt like being overweight isn't your fault? You're actually not far off. If you're a typical woman, you face five major hurdles that make it more difficult (or nearly impossible) to eat more healthfully. (Most men, on the other hand, struggle with four obstacles—they don't worry about dieting as women do.) Lack of

time is by far the biggest issue for both women and men. This is what I call The Ever-Shrinking Day.

If you run out of time and energy long before you run out of things to do, you're in good company. According to stress expert Alice C. Domar, Ph.D., the average woman worries about twelve things in a typical day while men worry about three. From the moment you roll out of bed in the morning, you're racing to get things done whether you're trying to make it to work on time or get the kids ready for school (and then get to work on time), or simply manage your busy household. When you consider that list of priorities, eating well or even eating better may slip to the bottom. You probably feel guilty, which adds yet another worry to your list.

The number one excuse (I mean reason) for not exercising is “lack of time,” followed closely by “lack of energy.” Lack of time is also the top reason for not eating better. According to a recent survey by the American Dietetic Association, only 43 percent of people believe a healthy diet and regular exercise are important *and* are doing all they can to consume a healthy diet. Another 38 percent feel maintaining a healthy diet and regular exercise is important, but they haven't taken “significant action” to eat a healthy diet. In other words, they're thinking about an improved diet, but aren't doing much about it.

The second reason people don't eat as well as they'd like? They say they need more *practical* tips to help them eat right. (Stay tuned ... you're going to find dozens of practical tips in the chapters that follow.)

I wasn't surprised by the second finding, because I see people struggle with this every day. We're inundated with nutrition information, but how do we know what to believe? Chocolate is bad for you, right? No, wait—it's actually loaded with antioxidants. Carbs are the enemy ... no, carbs are fine as long as they're the “right” kind of carbs. Swear off meat in favor of fish ... wait, some of that fish is loaded with poisonous mercury. It's hard enough for

dietitians to keep up with the science, and that's our full-time job.

And honestly, who has time to overhaul a diet? No one I know has a spare weekend (let alone a week or more) to spend learning how to cram good nutrition into a busy lifestyle, even with the promise of more time at the end. So, if you're busy and overloaded, you simply shove your concerns to the back burner and promise yourself *one day* you will eat better. (And one day, you'll write that novel ... and redo your kitchen ... and start exercising regularly ... and learn to mediate, right?) If that's you, hello "one day," because you're reading the right book. We're in this together and we're going to get you out of your "fat pants" and into your skinny jeans for good.

THE FEARSOME FOUR: THE OTHER FAT FACTORS

If only lack of time kept you overweight, tired, and unhealthy, that would be one thing. But for most people, four other factors play a major role in your weight, food intake, and energy level. Those Four Fat Factors are:

- The Evil Environment;
- The Stress Factor;
- The Sleepless Night; and
- The Diet Drive. (If you're a guy, chances are you don't have to worry about this one.)

The Evil Environment

“My main problem is the junk food available at work. My weight goes up and down in direct correlation to how well-stocked our snack bar is. I need to take time to pack a healthy lunch and avoid the temptations to eat junk food when I find myself hungry during my workday.”

—Stephie, 39, police officer

Never before have you had so many choices and been so surrounded by food. It's difficult to eat healthy. Research proves that the more food we see, the more we eat—and food is literally

everywhere. (When the checkout aisles at Best Buy are stocked with candy bars and bags of licorice, something is off.) So it's no surprise to learn we're eating more than ever before. According to the U.S. Department of Agriculture (USDA), Americans now consume an average of 523 more calories per day than in 1970. In 1970, the average person ate 2,234 calories a day. By 2007, most of us were scarfing down 2,704 calories a day, without realizing it.

Where do we get these extra calories? We're simply eating more food. Studies show we tend to eat what's put in front of us (didn't your mom always tell you to clean your plate?), and most of us underestimate how many calories we consume. And portion sizes just keep growing, both in restaurants and at home. A study in 2003 found that a typical restaurant cookie was 700 percent larger than the suggested USDA portion size. That is one big cookie. But if you actually eyeballed that cookie, you'd probably think it was maybe the size of two "normal" cookies, not seven.

This "portion distortion" affects us when we eat at home too, because plates, bowls, and even juice glasses are bigger than ever before. When you automatically pour a bowl of cereal, chances are you're eating more than one serving, but that fact never crosses your mind. Head to work and you face a minefield of tempting treats: doughnuts, pastries, and sweets in the break room, vending machines loaded with salty and sweet treats, catered-in boxed lunches, and the ever-popular celebrations (with cake, of course).

If you travel, you deal with the stress of being on the road and limited options, not to mention jet lag, delayed flights, and traffic hassles. Even if you're a stay-at-home mom or run a business from your house, the kitchen beckons. Every mom will testify to the ubiquitous nature of the kiddie snack food (i.e. Goldfish crackers, fruit roll-ups, and juice boxes) you can't leave home without.

Those are the biggest environmental factors, but we also face less obvious ones. For example, what do large plates, dimly lit rooms, fast music, and television have in common? They all make you eat

more. Sharing a meal makes you eat about 44 percent more than if you dined alone—and the more people you eat with, the more food you consume. Don't feel discouraged or think you're doomed to a life of eating alone under bright lights in a sterile, silent room. One of my Master Strategies addresses how to safeguard your environment, and you'll learn how to make eating right easier. In the long run you'll save time because you'll safeguard your environment out of habit.

The Stress Factor

“I actually do not eat at all when I'm stressed. When something stressful is happening around me, I won't eat until I feel more settled, and by then I've gone hours or sometimes a whole day without eating something. After that, I overeat and go for carbs.”

—Katie, 36, teacher

Today you're likely to feel more stressed than ever before. A recent American Psychology Association poll found more people reporting physical and emotional symptoms of stress than during the previous year—and nearly fifty percent said their daily stress levels increased. Even people who don't actually feel stressed are likely to experience stress-related physical symptoms such as fatigue, irritability, anxiety, headaches, depression, and lack of interest.

The first part of the problem: we're chronically stressed. The second part is what we do when we're stressed. Four in ten women and three in ten men turn to food for comfort, and research suggests chronic life stress is associated with preferring calorie-rich and nutrient-poor foods that are high in fat and sugar. If you've ever munched away your troubles with a bag of chips and salsa or dove headfirst into a plate of chocolate chip cookies after a fight with your husband, you know this already. Guys may turn to a burger and fries, but the desire to distract yourself with food is the same.

Chronic stress may also increase your risk of weight gain, which

then creates more stress because you're worried about being fat. Even minor daily hassles like misplacing your cell phone or having an argument with a co-worker can drive you to the cookie jar or vending machine. And if you're attempting to lose weight, you're even more likely to snack in reaction to stress. Researchers tell us stress increases the production of the hormone cortisol, which research shows increases your body's likelihood of storing abdominal fat, or belly fat, the place it's most detrimental to your health.

All that stress makes you more likely to reach for junk and less likely to stick with well-intended eating habits. You probably already know stress impacts your productivity, which means you're not making the most of your limited hours when you spend a day putting out fires at work or dealing with preschooler meltdowns. In short, the better you manage your stress, the better you'll feel—and the more you'll get done.

The Sleepless Night

“Even as a baby, my son was never a good sleeper. Now, at 4 years old, he still wakes up during the night several times a week. He does go back to sleep, but I often lie awake for several hours ... and fall asleep just before I have to get up. The next morning, I'm exhausted and starving, and wind up snacking throughout the day to give myself energy. At least that's what I tell myself.”

—Kelly, 43, business owner

Another often-overlooked obstacle to eating better has nothing to do with your diet but everything to do with your overall health and mood. It's called sleep. Get enough, and your immune system and metabolism function effectively. Yet most people skimp on sleep, either because they're busy or because they don't sleep well.

While recent stats tell us that two-thirds of people experience sleep problems at least a few nights a week, women are more prone

to sleep disorders than men. Four in ten experience sleep problems every night, or almost every night. Nearly fifty percent of women wake up feeling “unrefreshed” at least a few nights a week, and three in ten either wake up and can’t fall asleep or have difficulty falling asleep at least a few nights a week.

When it comes to total number of ZZZs, you probably don’t get enough. Sleep needs vary, but according to the National Sleep Foundation, four in ten Americans get less than seven hours a night. Twenty percent of men and twenty-six percent of women say they’re not getting the sleep they need to function at their best, and more than half say they get a good night’s sleep less than half the time.

This lack of quality sleep actually makes you more likely to gain weight and take in excess calories during the day. According to one long-term study, the fewer hours a night a woman slept, the more likely she was to become obese. A review study that looked at 36 studies on sleep and weight gain found short sleep duration was independently linked to weight gain. Lack of sleep impacts your weight in the short-term as well. Another recent study found that restricting sleep even for a few nights makes you hungrier, more likely to have food cravings, and increases your caloric consumption—the perfect recipe for weight gain. And that doesn’t take into account the impact lack of sleep has on your mood, memory, and attention span. In short, the fewer minutes you spend asleep, the more likely you are to feel hungrier and make poor food choices the next day.

This isn’t just a matter of poor choices. A sleep-deprived brain doesn’t function optimally, so you don’t think as well and your productivity takes a nosedive. Deliberately sacrificing an hour or two of sleep may actually be counterproductive, as you wind up getting less done during those “extra” hours of being awake. Taking the time to get quality sleep isn’t a waste of your time: rather, it gives you more time by making your non-sleeping hours more

productive. And you'll have more years to be more productive, since sleep increases your longevity.

The Diet Drive

“I've been all across the board as far as diets go. I'll be disciplined for a couple of weeks at a time, and then I'll binge.”

—Julie, 34, stay-at-home mom

If you wish you could wake up one morning and magically find yourself 10 (or 20) pounds lighter, you have a lot of company. Our bodies (or more accurately, what's wrong with them) are constantly on our minds, and for most women that means wanting to lose weight. A recent survey of more than 3,000 women found 84 percent of women *believe* they're overweight. (In reality, 65 percent of women are actually overweight or obese.) A mere 13 percent say they're at their ideal weight. And these women are more concerned about their diet and body weight than anything else. While more than half were concerned about their diet and weight, less than a quarter worried about cancer or heart disease.

Self magazine conducted a study of 4,000 women between the ages of 25 and 45. They found 75 percent of women had an unhealthy relationship with food, their bodies, or both. Many of these women were actually at a healthy weight, but two-thirds of them were trying to lose weight regardless. Four in ten skipped meals to try to lose weight, and the same number admitted that worrying about what they eat and their weight interfered with their happiness.

I'm talking about women for a reason. Body dissatisfaction is much more a “woman thing” than a guy thing. While most men wouldn't mind dropping a few pounds, it's usually low on their radar. The typical guy doesn't obsess over his pants size or start a new diet every Monday.

And that's an advantage, actually, because diets don't work. Not in the long term, anyway. While you may lose a few pounds, unless you change your eating habits for good, you're likely to regain any lost weight once you return to eating "normally." Yet it's so easy to fall for the latest "breakthrough" plan. You have the "Oh, my God" moment when your favorite jeans don't fit, or you try on a swimsuit, or get weighed at your annual checkup. You launch an all-out weight loss regime, usually based on the latest strategy you've read about or seen on TV. And it works ... for a little while, anyway.

Problem is, these restrictive diet plans are often difficult to follow in the short-term, let alone long-term, and after a week or two you're hungry, tired, cranky, and sick of the food you're eating. After one particularly stressful day, you "blow it" and eat your way through the pantry, only to feel lousy the next day. (Researchers actually have a name for this—it's called the "what the hell" effect. As in, you slip off your diet with a candy bar, then think "what the hell" and continue overeating with wild abandon.)

Then you start the diet again, opt for another "proven" plan, or decide to forget about weight loss for awhile. But you still feel discouraged about your weight, and disappointed (or even disgusted) with yourself. That's no way to eat—and no way to live.

And dieting adds a tremendous "time suck" to your already-overloaded day. When you're cutting calories or trying to follow the latest "plan," your weight is on your mind (or in the back of your mind) all day long. You're thinking about what you're eating, what you're not supposed to be eating (but wish you were), what you're going to eat next, when you're going to eat next. Think of how much time you waste trying to summon your emotional reserves and willpower to stick to a diet—and how much of your mental energy is spent on that task rather than everything else you need to do. If you can derail your own "diet drive," you'll not only be happier, but more productive in the long run. I guarantee it.

YOUR JAM-PACKED, OVERWHELMING, INSANE, WONDERFUL LIFE

Just as no two people think the exact same way, no two of us face identical eating challenges. Getting a handle on obstacles *you* face will give you a better idea of what's keeping you from eating better and which areas to focus on. Take this quick quiz to help determine your personal eating minefields:

1. ***I eat breakfast:***
 - ___a. Every morning.
 - ___b. Most mornings.
 - ___c. If I have time.
 - ___d. Rarely, if ever.

2. ***I travel:***
 - ___a. Never.
 - ___b. Rarely.
 - ___c. Frequently.
 - ___d. At least once a week—I spend half my life on the road.

3. ***I'm on a diet to lose weight:***
 - ___a. Never—but I do try to eat healthfully.
 - ___b. Occasionally.
 - ___c. Often—let's just say I start one every Monday.
 - ___d. About 100 percent of the time—I live on a diet.

4. ***I eat in the car:***
 - ___a. Rarely.
 - ___b. Once in a while.
 - ___c. Often.
 - ___d. My car? You mean my kitchen on wheels? In other words, constantly.

5. ***On a typical day, I feel:***
 - ___a. Alert in the morning, with an energy dip in mid-afternoon.
 - ___b. Alert in the morning, but become tired as the day drags on.
 - ___c. Tired when I wake, though after a cup of coffee or a dose of caffeine I feel better—for a little while.
 - ___d. Tired all day—I never seem to get enough rest.

6. *In the past month, I've had trouble sleeping:*
- ___a. Rarely.
 - ___b. Occasionally.
 - ___c. At least once a week.
 - ___d. Several times a week—it's a real problem.
7. *How often do you eat out (including fast food)?*
- ___a. Rarely.
 - ___b. Several times a week.
 - ___c. At least once a day.
 - ___d. More than once a day.
8. *At work, you:*
- ___a. Have a stash of healthy snacks in your desk.
 - ___b. Try to bring a healthy lunch occasionally.
 - ___c. Try to avoid the vending machines ... and usually succeed.
 - ___d. Find yourself gravitating toward the break room (Doughnuts! Cookies! Leftover birthday cake!) on a regular basis.
9. *How often do you count calories or restrict certain kinds of foods (like carbohydrates)?*
- ___a. Never—I try to eat healthfully and don't worry about calories and fat.
 - ___b. When I'm trying to lose weight, which occurs several times a year.
 - ___c. Almost every day—unless it's the weekend.
 - ___d. Every day—I'm always worried about what I'm eating.
10. *How often do you sit down and take twenty minutes or more to enjoy a meal?*
- ___a. At least once a day.
 - ___b. Almost every day.
 - ___c. Several times a week.
 - ___d. Almost never—I don't have that kind of time.
11. *How do your body weight and mood correlate?*
- ___a. Neither seems to impact the other.
 - ___b. When unhappy, I lose weight—I have no appetite.
 - ___c. When I'm happy, I tend to lose weight without trying.
 - ___d. When I'm unhappy, I can tell—I turn to food for comfort and put on weight.

12. *It's 3:30 p.m. and you're starving, though you had a big lunch. You:*
- ___a. Have a healthy snack, such as a piece of fruit and a string cheese.
 - ___b. Grab what appears to be the least fattening option from the vending machine—a bag of mini-pretzels.
 - ___c. Check out the break room or your fridge for something sweet—you need a quick sugar rush.
 - ___d. Distract yourself—after that lunch, you refuse to eat again until dinner.
13. *It's a rainy Saturday and you have a few hours to yourself. You:*
- ___a. Pull out the book you've been meaning to read for ages.
 - ___b. Grab a cup of coffee and a magazine.
 - ___c. Read a few pages of your magazine, and fall asleep.
 - ___d. Pass out before page 5.
14. *How often do you exercise?*
- ___a. Several times a week or more.
 - ___b. Two or 3 times a week.
 - ___c. Once a week.
 - ___d. Does taking this quiz count as exercise? In other words ... never.
15. *How would you describe your stress level?*
- ___a. Manageable most of the time.
 - ___b. Depends on the day.
 - ___c. Pretty high.
 - ___d. Um ... 12 on a scale of 1 to 10.

Give yourself 1 point for each A answer, 2 points for each B answer, 3 points for each C answer, and 4 points for each D answer. If you scored 15-20, you're facing fewer challenges than the average person; if you scored 21-30 points, you handle eating challenges fairly well, but could improve some of your habits; if you scored 31 to 42 points, you're facing a lot of challenges to eating more healthfully; and if you scored more than 43 points, you face challenges on all sides. For a closer look at your personal challenges,

look at your answers to these questions. The more points you score for each obstacle, the more of an issue it may be for you.

Questions 1, 4, and 10 address *The Ever-Shrinking Day*.

Questions 2, 7 and 8 address *The Evil Environment*.

Questions 11, 14, and 15 address *The Stress Factor*.

Questions 5, 6, and 13 address *The Sleepless Night*.

Questions 3, 9, and 12 address *The Diet Drive*.

WHAT'S NEXT?

Now you have a better idea of why eating healthfully is such a challenge—not just for you but for nearly every person your age. Fortunately eating better doesn't mean overhauling your entire diet or paying attention to every morsel—I know you don't have time for that. In the next chapter, you'll learn about ten Master Strategies that will help you improve your diet, increase your energy level, boost your mood and your productivity, and gain quality time in your life. Read on for how you can eat better—starting now.



TAKE 10:

The Master Strategies to Eat Right when Time is Tight

Forget rigid diet plans. Eating right when time is tight starts with a handful of proven, simple strategies that will improve your nutrient intake, energy level, ability to handle stress, and waistline, while giving you back precious minutes.

This isn't a "diet" plan per se—not if you think of a diet as something to go on, and eventually go off. Over time, following these strategies will result in weight loss and the reason isn't surprising. Eat more calories than your body can use and you gain weight. Eat fewer calories than your body expends (while not getting hungry or feeling deprived) and you lose weight. That's all there is to it.

How many calories should you consume? About as many as you'll use throughout the day. MyPyramid.com, USDA's site that provides proven, practical nutrition advice, gives the following calorie recommendations for men and women:

<i>Males</i>	<i>Not Active</i>	<i>Active</i>
<i>age 19-30</i>	2,400	2,600-3,000
<i>age 31-50</i>	2,200	2,400-3,000
<i>age 51+</i>	2,000	2,200-2,800

<i>Females</i>	<i>Not Active</i>	<i>Active</i>
<i>age 19-30</i>	2,000	2,000-2,400
<i>age 31-50</i>	1,800	2,000-2,200
<i>age 51+</i>	1,600	1,800-2,200

According to MyPyramid.com, “Not Active” means you get less than thirty minutes of moderate physical activity most days, while “Active” means you get thirty to sixty minutes of moderate activity most days. (Don’t feel bad if you fall into the “Not Active” category. Most people do, but I’ll help you jump into the Active group, I promise.)

In addition to the Master Strategies and mini-strategies, inside this book you’ll find a variety of meal ideas and daily meal plans. No need to count calories with these strategies, but I’ll give you the basic breakdown in case you’re a habitual calorie-watcher.

I generally recommend three meals a day with two snacks. However, if your schedule is such that you choose to eat more or less often, that’s fine—just stick with Master Strategy 8 and energize every three to five hours to maintain your blood sugar levels and avoid overeating at your next meal. The total calories of the meals are: breakfast, about 300 calories; lunch, about 400 calories; dinner, about 500 calories. The two snacks have 150-200 calories each, bringing your total daily intake to about 1500-1600 calories.

To lose a pound a week you need to cut calories by about 500 a day. You can do that by eating less, exercising more, or a combination of the two. For example, an active 37-year-old woman will maintain her weight by eating about 2,100 calories a day and will

lose 1 pound a week eating 1,600 calories a day while maintaining the same activity level.

If you're a man, or an extremely active woman, or you find you're hungry all the time following my recommendations, double your breakfast meal (to about 600 calories) or add a snack or two each day. Following these meal plans or basing your days on similar meals will result in a slow, steady weight loss over time—and you won't have to waste time worrying about whether you should be following the latest get-thin-quick program.

We've been talking calories and weight loss, but now let's talk minutes and time. I'm about to introduce you to my Master Strategies in this chapter and, in further chapters, you'll learn about more than one hundred additional mini-strategies and meals. These ten general strategies embrace the basics of eating right when time is tight—and they will save you time in the long run as well, whether it's cutting the time you spend deciding what to eat, chasing down a meal, or worrying over your weight. As a result, the Master Strategies will boost your productivity and energy level throughout the day, giving you back time in the short run, and adding years to your life in the long run—healthy, productive years, giving you even more time to enjoy life.

When I work with clients one on one, I help them identify their biggest diet pitfalls, and then determine which of the Master Strategies will give them the biggest payoff. In other words, which will have the greatest impact on their diet, weight, and energy level. I often talk about the hidden Time Factor of nutrition as well. When you give your body the food it needs, provide energy all day long, and manage your stressful lifestyle, you not only save time—you actually gain it. That's the Time Factor.

So, let's take a look at my ten Master Strategies—and how you can determine whether adopting each one will make a significant difference in your weight, energy level, mood, and productivity. Checking your Time Factor for each Master Strategy will help you

identify whether that strategy will not only improve your nutrient intake and energy level, but help you gain time back as well. You may already be using some of these Master Strategies without realizing it. If so, that's great news. But you'll also learn which ones will give the biggest return, time- and weight-wise.

MASTER STRATEGY 1:

COMBINE PROTEIN AND FIBER.

This is the first Master Strategy for an important reason: The typical woman eats far more carbohydrates than she needs, but skimps on fiber and may be short on protein as well. The typical guy gets plenty of protein but also comes up short on fiber. Yet the latter two are essential, not only for a healthy diet, but for sustained energy and satiety as well. When you include protein and fiber every time you eat, you'll feel fuller longer and maintain a more stable blood sugar level, which translates to less fatigue and fewer food cravings.

Picture “protein” and you probably think of meat. Yet other good sources of protein include dairy products, soy, beans, legumes, eggs, and nuts. In other words, you don't have to polish off a steak every night to get the protein you need—and it's easier to incorporate into your diet than you may realize. Any vegetarian can tell you that.

In addition to creating and maintaining muscle, protein helps create red blood cells and keeps your hair, skin, and fingernails healthy. It also helps produce antibodies to fight off bacteria, viruses, and germs, and helps keep your immune system running strong. Studies show that people low on protein are more likely to get sick than people who eat enough of this nutrient.

How much protein do you need? The U.S. Recommended Daily Intake (RDI) of protein for adult men and women is 0.8 gram per kilogram of bodyweight a day. A kilogram is 2.2 pounds, which means a 140-pound woman should aim for about 51 grams

of protein a day, while a 190-pound man should aim for about 69 grams/day. If you work out regularly, you need more: In general, 1.2 to 1.4 grams of protein/kilogram of bodyweight, or about 76 to 89 grams of protein a day for a 140-pound woman, and 104 to 121 grams of protein a day for a 190-pound man.

Fiber is the other part of this Master Strategy. Health professionals recommend adults consume between 25 and 35 grams of fiber a day, but most people get less than half that amount—between 14 and 15 grams a day.

Fiber is essential for good health and plays an important role in weight loss and maintenance. Because they help fill your stomach and increase digestion time, fibrous foods make you feel fuller longer. Another bonus: fiber-rich foods like fruits, vegetables, beans, and whole-grains are loaded with vitamins and minerals, making them a healthy bet overall.

Fiber comes in two types—soluble and insoluble. Soluble fiber dissolves in water, becoming gummy, while insoluble fiber holds water. Soluble fiber acts like a sponge, helping mop up cholesterol, while insoluble fiber is more like an intestinal broom that helps keep you regular. Research suggests a high-fiber diet may decrease your risk of high cholesterol, high blood pressure, and some cancers—and simply consuming more fiber can help you lose weight, too. A review study looked at the research on adding fiber to a typical diet. Overall, published studies found that adding 14 grams of fiber to people's regular diets produced an average weight loss of more than 4 pounds in four months.

While manufacturers are now adding fiber to everything from ice cream, to artificial sweeteners, to water, your best fiber bets are foods that contain it naturally. Aim to eat at least five servings of fruits and vegetables each day. (See Master Strategy 5.) Sources of natural fiber include fruits, vegetables, beans, legumes, seeds, and whole-grains like oatmeal, barley, and rye.

Check your Time Factor:

(Total Time Factor possible: 10)

___ Give yourself 1 point for each time you eat fiber during the day (up to 5).

+ ___ Give yourself 1 point for each time you eat protein during the day (up to 5).

= ___ What's your Time Factor? If it's less than 6, this Master Strategy will definitely boost your Time Factor. Even if it's more than 6 but less than 10, you'll see a difference by adopting it. Already at 10? Great job!

Three easy ways to incorporate this Master Strategy:

- Include a fruit or vegetable (with some protein) at every meal and snack.
- Stash a whole-food bar in your bag for a quick snack to provide both fiber and protein. [See Sidebar, Get the Most Energy from Your Energy Bar, on page 107.]
- Go nuts! Nuts are naturally packed with both protein, fiber, and many other nutrients to keep you well-fueled and healthy. Limit your serving size to one ounce or one to two handfuls.

MASTER STRATEGY 2:

SAFEGUARD YOUR ENVIRONMENT.

Your very environment is out to get you—prodding you to eat when you're not hungry, nudging you to eat more than you want, and seducing you with high-fat, high-calorie foods. Safeguarding your environment means just that—making wherever you are more conducive to eating healthfully and less conducive to eating junk. Motivation is only one part of successfully managing your weight. You will have days when your motivation is low (or completely gone), and that's when this Master Strategy becomes imperative to your success.

When you have a toddler, you childproof your home. Here, you're going to fat-proof your home, office, and car. Of course you can't control every environment, but you can take steps to help yourself. For example, I tell clients to keep portion-controlled, 200-calorie snack packs of nuts and trail mix in their cars in case they're on the road and get hungry. I can't tell you how many times clients have told me this simple strategy has saved them from having to stop and order something less healthy—or getting so hungry they would go overboard at their next meal. Their “bag o' nuts” saves them time, too.

Another safeguarding strategy is based on the old standby, “out of sight, out of mind.” In other words, don't keep fattening foods where you can see them. If you tend to inhale the bread basket at a sit-down restaurant, ask your waiter not to bring it—or take it away after you have one piece. Automatically split your dinner entrée into halves and save half for a doggy bag for tomorrow's lunch or dinner.

Remember that the more food that is put in front of you, the more likely you are to eat it—so make an effort to reduce your “food exposure” when you can.

Check your Time Factor:

(Total Time Factor possible: 10)

- ___ *Give yourself 5 points* if you always carry a healthy snack with you.
- + ___ *Give yourself 1 point* for each time you change your food environment for the better during the day (i.e., stashing sweets and junk food out of sight, using smaller bowls or plates, asking for a half-portion when dining out) (up to 5).
- = ___ *What's your Time Factor?* If it's less than 5, this Master Strategy will significantly boost your Time Factor (and help you lose weight). A Time Factor of more than 5 can be improved, and if you're at 10, well done!

Three easy ways to implement this strategy include:

- Carry a “secret weapon,” or a portable snack to keep on hand when you get hungry.
- Serve meals at home on smaller plates—you’ll automatically eat less.
- Make your residence a “safe” environment by not bringing your biggest temptation, be it cookies or chips, home. If it’s not there, you can’t eat it.

MASTER STRATEGY 3:

MUNCH EVERY MORN.

I know you already know you *should* eat breakfast. But if you’re too busy in the morning to prepare a meal or you’re not hungry first thing, I’m going to let you off the hook—sort of. You don’t have to eat “breakfast,” per se. I just want you to eat every morning.

I think breakfast has a bad rap, especially among busy people. Who has time to whip up a couple of eggs, toast, milk and juice on a typical crazy morning? My clients certainly don’t. And plenty of people just aren’t hungry when they awaken. I understand that. All I want you to do is eat something that contains protein and fiber (Master Strategy 1) within two hours of waking up. That’s it. That single simple step will boost your metabolism, improve your mood, and make you more likely to consume the calories your body needs (without going overboard) for the rest of the day.

If you’re counting every calorie, you may think going without breakfast will help you lose weight. In fact, the opposite is true. Eating a healthy breakfast every morning will make you more likely to shed pounds and keep them off. Statistics from the National Weight Control Registry, which tracks the habits of people who lost more than 30 pounds and kept the weight off, reveal that 78 percent of successful “losers” eat breakfast every morning. A mere four percent never eat breakfast.

You *think* you’re saving calories, but when you skip breakfast,

you're more likely to eat impulsively and overeat later in the day, which is bad news for your waistline. Eating in the morning also helps you think more clearly. The reason is simple—your brain runs on glucose, or sugar. When you awaken, your blood sugar levels are low because you haven't eaten for eight to twelve hours. Studies show that eating breakfast positively affects tasks that require retaining new information. Breakfast eaters also tend to be less depressed and less emotionally distressed than people who don't eat breakfast. When your brain and body are properly fueled, you feel better emotionally and physically.

Eating breakfast also appears to help your immune system efficiently function. Forget the idea of a traditional breakfast and just get in the habit of munching every morn.

Check your Time Factor:

(Total Time Factor possible: 10)

- ___ *Give yourself 7 points* if you always eat breakfast.
- + ___ *Give yourself 1 point* if you ate breakfast today.
- + ___ *Give yourself 1 point* if your breakfast usually includes protein.
- + ___ *Give yourself 1 point* if your breakfast usually includes fiber.
- = ___ *What's your Time Factor?* If it's less than 7, this Master Strategy will boost your Time Factor. If it's above that, you're on your way, and if it's a 10, excellent work—keep it up!

Three ways to implement this strategy:

- Carry a whole-food bar with you to eat at your desk. [See Sidebar, Get the Most Energy from Your Energy Bar, on page 107.]
- Keep instant oatmeal packets at work for a quick, healthy breakfast.

- Forget “breakfast” foods if they don’t appeal to you. There’s nothing wrong with a healthy sandwich or beans and brown rice in the morning if that sounds good to you.

MASTER STRATEGY 4:

EAT AWARE.

When you eat a meal while driving or working at your desk, you’re ingesting calories, but can you say you are enjoying it? Not really. Eating on the go may be your default, but that’s something you may choose to change—at least some of the time.

“Eat aware” has several meanings. First, make an effort to become more mindful when you eat—at least once a day. That means taking time to savor your food, even if it’s just a turkey sandwich on rye. We multi-task to get more done, but when you eat and never pay attention to your food, you’re more likely to feel unsatisfied after your meal, and more likely to eat again later searching for that satisfaction. Becoming mindful doesn’t mean you have to assume a lotus position or savor the inner essence of every raisin you consume. I’m just asking you to spend an extra few minutes focusing on your food, its taste, how it smells, and the texture. You’ll find you eat more slowly, enjoy your food more, and are satisfied with less. That’s a good thing.

If you want to become more mindful of what you’re eating, consider keeping a food journal. Research shows that simply writing down what you eat and when you eat it aids in weight loss efforts. It also makes you more likely to make healthy choices. Something about having to write down “*3:30 p.m., inhaled 6 Oreos*” helps keep you on the straight and narrow, nutrition-wise.

“Eat aware” also means being smarter about the food choices you make. Eat closer to the earth by choosing more whole-foods like fruit and vegetables and less food packaged in plastic (think chips, cookies, candy). Look for ways to support sustainable farms and buy locally-grown produce at the supermarket. You don’t have

to make every vegetable organic, but the more attention you pay to your food and how it's grown and treated, the healthier your diet will be in the long run.

I realize you don't have time to sit and savor every meal, or spend an hour at the grocery store comparing the labels on produce, and the last thing I want you to do is feel guilty about it. But making an effort to "eat aware" even once a day will help you start a new habit of eating more mindfully and making choices that are healthier for you—and our planet.

Check your Time Factor:

(Total Time Factor possible: 10)

- ___ Give yourself 2 points for each time you ate and really focused on your food today (i.e., without reading, watching television, or working) (up to 6).
- + ___ Give yourself 2 points if you ate something organic or locally grown today.
- + ___ Give yourself 2 points if you took twenty minutes or more to eat a meal today.
- = ___ *What's your Time Factor?* If it's less than 6, this is a Master Strategy to adopt. Even if it seems like you're getting less done (because you're not multitasking while you eat), you'll enjoy your food more, feel more satisfied, and feel less stressed in the long run ... giving you more productive time. If it's an 8 or higher, good work!

Three ways to implement this strategy:

- Eat while sitting down (driving doesn't count) and doing nothing else (no TV, email, telephone, or reading) once a day.
- Buy organic and locally-grown foods when you can.
- Read the label on food products you buy often; aim for whole-foods containing simple ingredients that you understand.

MASTER STRATEGY 5:

VEG OUT AND FRUIT UP.

How many fruits and vegetables did you eat yesterday? And no, French fries don't count, even if the USDA says otherwise. If the number is less than the fingers on one hand, you need to eat more green (and yellow, and red, and orange, and purple).

While women tend to eat more produce than guys do, most still fall far short on the recommended amount for optimal health—which is at least five servings of fruit and vegetables a day. Sure, you probably already know fruits and veggies are loaded with vitamins, minerals, and antioxidants. But they're also loaded with fiber (Master Strategy 1), are the most nutritious source of carbs, and are super low in calories and fat.

Research proves people who eat diets high in fruits and vegetables are less likely to develop chronic conditions like heart disease, high blood pressure, and certain types of cancer. And, the more fruits and veggies you eat, the more likely you are to have a healthy body weight as well.

Part of this is likely due to the substitution theory—i.e., if you choose an apple for a snack, you're less likely to grab a bag of chips. Now, I get the fact that if you're craving chips, an apple isn't going to cut it ... but maybe dried apple crisps will. I realize fruits and vegetables aren't always easy to find, and veggies in particular can be a hard sell for many grown-ups.

If you've spent much of your life on a diet, you may associate vegetables with "diet food" and fruits with "high sugar" and resist incorporating them into your regular diet. Or maybe you just never liked veggies as a kid. Fruits do contain sugar, but they're also packed with nutrients for health and water, plus fiber that aids with weight loss. For my clients who are fruit-phobic or struggle with losing weight, I recommend limiting their fruit intake to two servings a day and loading up on as many veggies as possible.

Even if you've never been a vegetable fan, you can learn to like them—over time. Start by going with what you like. If you hate celery and cauliflower, don't eat them. Instead, choose veggies you enjoy and look for ways to make them more palatable (e.g., roasting, grilling, eating them in sandwiches, or with salsa or low-fat dip). Experiment with different vegetables—even if you don't like brussel sprouts, you may find you love fresh tomatoes and peppers.

Check your Time Factor:

(Total Time Factor possible: 10)

- ___ *Give yourself 1 point* for every serving of fruit you ate today (up to 3).
- + ___ *Give yourself 1 point* for every serving of vegetable you ate today (up to 5).
- + ___ *Give yourself 2 points* if you ate at least 3 different colors of fruits and vegetables.
- = ___ *What's your Time Factor?* If it's less than 6, this is a Master Strategy to adopt. It may take time in the short run to make sure you consume more fruits and veggies, but the long-run time benefits make it worth the investment. And if your Time Factor is 8 (or higher!), keep it up! The more fruits and vegetables you eat, the better.

Three easy ways to incorporate this strategy:

- Carry portable fruit (boxes of raisins, dried banana chips, an apple) in your purse or briefcase.
- Opt for a vegetable-heavy dish (broth-based soup or a salad loaded with veggies) for lunch.
- Add vegetables (tomatoes, pickles, onions, sprouts) to sandwiches.

MASTER STRATEGY 6:**APPELIZE YOUR MEALS.**

Think of a typical day: You're on the go from the moment you get up. You grabbed lunch on the run, but you can't even remember what you ate. Was it a veggie sandwich? A sub? A burger? Nothing? Finally, you sit down to eat dinner and before you know it, you've stuffed yourself. In less than ten minutes you inhale more calories than you've eaten all day.

That's where what I call an "Appelizer" comes in. An Appelizer is an appetite speed bump. And just as a cement speed bump slows your car, an edible speed bump slows your eating. An Appelizer is something that's low in calories and takes time to eat. A bowl of broth-based soup, an apple, a handful of sliced veggies and spicy salsa—all make excellent Appelizers.

Your stomach takes about twenty minutes to signal your brain it's had enough food. An Appelizer starts that clock running and slackens your eating pace, helping you transition from the stresses and pressures of your day to enjoying your meal. In short, an Appelizer curbs your appetite and lets you feel satisfied with less—without making an effort to control your consumption.

Check your Time Factor:

(Total Time Factor possible: 10)

- ___ Give yourself 3 points if you took longer than twenty minutes to eat a meal (up to 9).
- + ___ Give yourself 1 point if you consciously chose an Appelizer-type food to take the edge off your appetite before a meal.
- = ___ What's your Time Factor? If it's less than 6, this is a Master Strategy to adopt. Again, it may seem to take time to use Appelizers but the time you take will give you time back in the long run. If it's 7 or above, good work!

APPENDIX

Looking for more information about eating right, and living better, when time is tight? Check out the following resources:

NUTRITION/FOOD

- www.nutrition.gov - This USDA-sponsored site includes nutrition info as well as advice on weight management, shopping and cooking tips, and related links.
- www.nal.usda.gov/fnic/foodcomp/search - The USDA's Nutrition Data Laboratory lets you look up the nutrient profile of any food and serving size.
- www.hsph.harvard.edu/nutritionsource - Maintained by the Harvard School for Public Health, the Nutrition Source contains nutrition info, recent research, and recipes.
- www.organic.org - Provides information about organic foods as well as reviews of foods and other organic products.
- www.eatright.org - The American Dietetic Association's site provides nutrition and food information.

- www.edf.org - The Environmental Defense Fund's website includes a printable Seafood Pocket Guide and a Sushi Pocket Guide you can carry with you.
- www.bonnietaubdix.com - Bonnie Taub-Dix, MA, RD, CDN, is the author of *Read It Before You Eat It*. Her book provides information on reading and understanding food labels.
- www.biggreencookbook.com - Want to learn how to cook and eat eco-friendly? Check out the *Big Green Cookbook*, by Jackie Newgent, RD.

FITNESS/HEALTH

- www.healthetips.com - A premier provider of lifestyle information, Health-E-tips helps organizations and schools improve the wellness of their employees and students.
- www.healthierus.gov - This site provides information to help you create healthier habits and get more activity into your daily life.
- www.healthfinder.gov/prevention - A quick guide to healthy living from the US Department of Health and Human Services.
- www.eventsoftheheart.org - The nonprofit organization, Events of the Heart, uses the creative arts to help women unite for better heart health.
- www.familydoctor.org - This comprehensive site, operated by the American Academy of Family Physicians, lets you research health conditions and topics that affect people of all ages; you can even search by symptom.
- www.squeezetime.com - This fun site gives you tips and products to help you stay fit no matter how busy you are.
- www.webmd.com - One of the best-known health websites, this is another excellent site to learn more about different health conditions and the latest in health news and research.

ABOUT THE AUTHOR

Patricia Bannan, M.S., R.D., a Los Angeles-based registered dietitian, specializes in nutrition and health communications. She develops news segments for television stations, writes articles for magazines, and serves as a consultant and spokesperson to PR agencies and industry groups nationwide.

Patricia has appeared as a guest expert on more than thirty news shows, including ABC, CBS, Fox, and NBC's *Today* show. She has written articles for such leading magazines as *Self* and *Shape* and has been interviewed by numerous print media, including *The New York Times*, *Newsday*, *People*, *Redbook*, and *Ladies Home Journal*. In the broadcast news arena, she worked as a freelance producer and correspondent for CNN's New York Bureau, where she developed daily news stories and assisted on "Your Health," CNN's weekend health show.

Passionate about helping children and adults implement easy steps to improve their lives, Patricia's creative and doable health messages reach six million people each day through the in-school and corporate wellness programs of Health-E-tips, Inc. As a public relations and food industry consultant, Patricia helps develop

strategic platforms and oversees tactical execution for health professional, consumer, and media outreach programs.

She graduated cum laude from the University of Delaware with a Bachelor of Science in nutrition and dietetics and completed her dietetic training at the National Institutes of Health in Bethesda, Maryland. Patricia received a Masters of Science in nutrition communication from the Friedman School of Nutrition Science and Policy at Tufts University in Boston, Massachusetts.

Prior to Los Angeles, Patricia lived in New York City for several years. She is a native of Silver Spring, Maryland, located just ten miles outside our nation's capital.