



ATTENTIVE
HEALTH

Cindy B. Linse

RD, LDN, CDE

Health Coach

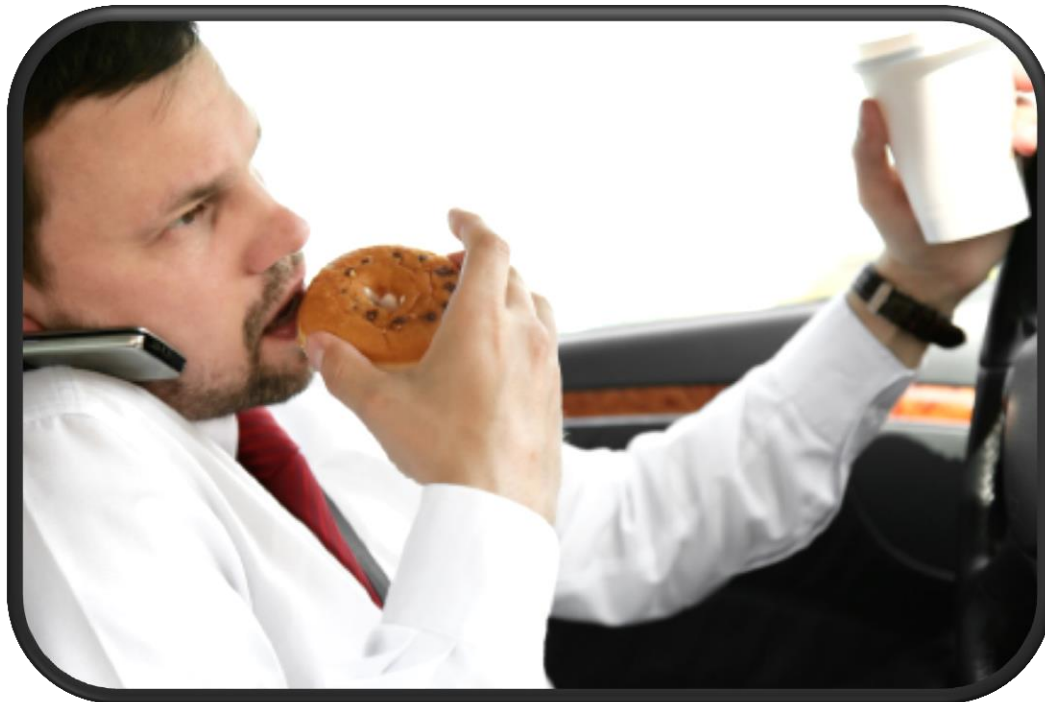
cindy@attentivehealth.com

(215) 530-9751

introduction & reminders

- **Questions:** Once the webinar begins all participants will be placed on mute. If you have a question during the webinar please submit it using the “chat” feature and we will make sure to address it.
- **Group Attendance:** Remember, if you are attending the webinar as a group, please send a full list of attendees to admin@attentivehealth.com or fax to 215.734.2333 so we know you attended!
- **Individual Attendance:** If you are attending the webinar individually we will have a record that you attended – no need to email or fax us.
- **Seminar Materials:** The handout and PowerPoint presentation that go along with this webinar are available at www.attentivehealth.com/ltk.

eating healthy on the run



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What do you eat
when you're on the run?

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healthy eating



- ▶ can it be done in a hurry?
- ▶ what is considered healthy eating?

focus on plant foods



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what about fat?



▶ type

▶ amount

eat more fish



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healthy good-for-you plant fats



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harmful fats



- ▶ saturated fats
- ▶ trans fats

eating healthy on the run...



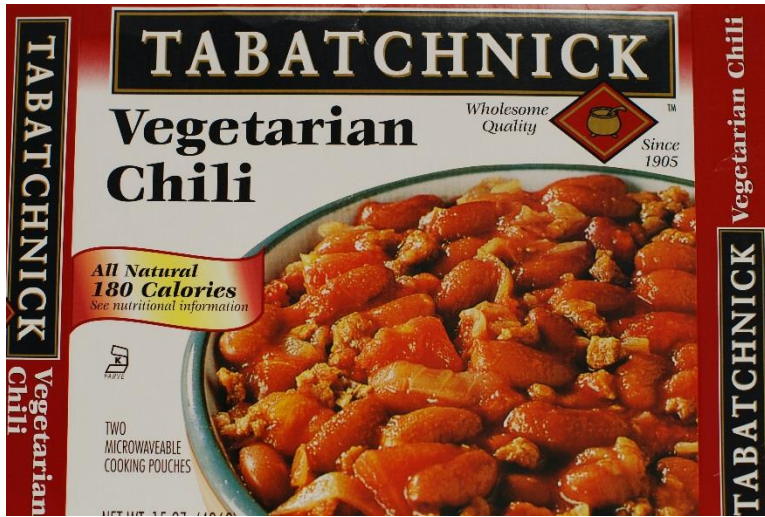
plan ahead:
shop, prep, pack

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the well-stocked kitchen



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top tips for busy people

plan your menu & shopping list

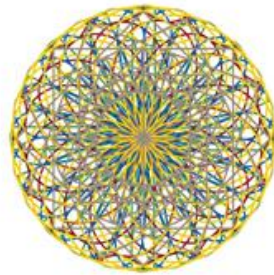
keep a well-stocked kitchen

rely on convenience items

cook in bulk on the weekends

use your kitchen appliances for easy prep

questions?



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