

# The Wellness Exchange



A Publication of  
**BUSINESS HEALTH SERVICES™**

*Solutions for a Healthier Workplace™*

For more information call 1-800-765-3277 or visit [www.bhsonline.com](http://www.bhsonline.com)



## Eating Healthy at Fast Food Restaurants

### Healthy Fast Food?

We live in a fast paced society. With work, family and social responsibilities, we are constantly on the go. As a result, some of our meals are also quick and fast. Each day, 1 out of 4 Americans eat fast food. Fast food restaurants offer easy and inexpensive options, but unfortunately, these choices are not always the healthiest. One meal from a fast food restaurant can contain enough calories, sodium and fat for an entire day. So, how can fast food fit into a healthy diet?

Yes! You can make healthy choices when dining out at fast food restaurants. The key to making healthier choices is to become knowledgeable about the nutritional content of the food items. By learning more about nutrition and making wise choices, fast food restaurants will not interrupt your healthy diet goals.



### Make Healthy Choices

**Small Portions** - when there are different sandwich sizes, pick the smallest size. Skip the hamburgers with 2 or 3 patties, as well as the large portions of fries.

**Healthier Side Dish** – Instead of fries, choose a side salad with low fat dressing, fruit or yogurt.

**Go Green** – Choose an entrée salad with grilled chicken or vegetables and low fat dressing. Avoid toppings such as fried chicken, bacon bits, croutons and cheese. These sides, along with regular dressing, will pack on the calories.

**Grill It** – Choose grilled foods or roasted lean meats over fried and breaded options.

**Your Way** – Do not settle for what meals are offered and ask for healthier options and substitutes. For example, ask for reduced-fat mayonnaise and avoid high calorie condiments such as sour cream.

**What You Drink** – Be careful of what you drink. Order a diet soda, water or unsweetened ice tea. Skip the shakes (and the calories).

### Low-Fat Options

- Raw (not marinated) vegetables; skip the dip
- Fresh fruit
- Tossed vegetables - lettuce, sliced tomato, cucumber
- Salads with low-calorie dressing
- Whole-grain rolls or crackers, biscuits, tortillas or breads
- Baked, boiled, or steamed potatoes
- Plain rice or noodles
- Roasted, baked, broiled, or grilled poultry, fish, or seafood
- Lean meats with fat trimmed
- Gravy or sauce on the side
- Fat-free or low-fat yogurt
- One scoop of ice cream
- Coffee, tea
- Low-fat milk
- Sugar-free soda

### Learn More

For more information on eating healthy at fast food restaurants, visit the following websites:

[www.mayoclinic.com](http://www.mayoclinic.com)  
[www.helpguide.org](http://www.helpguide.org)

**Business Health Services is a free and confidential program provided by your employer for you and your household members. BHS can help resolve personal and professional problems.**

**For additional information call BHS today.**

# Managing Change

Although we do not always plan or prepare for it, change occurs in all our lives. Everyone reacts differently to change and it is difficult to predict how you will react to certain experiences. Change can easily be viewed as a threat or as a loss. However, one must try to embrace the change as an opportunity. To manage resilience to change, individuals should be positive, flexible, focused, organized and proactive. The goal is to enhance your ability to cope with change.

## Reactions to Change

When major change occurs, everyone has similar types of feelings. Fear, anxiety, and loss of control are often experienced. However, what differs is how people respond to that change.

Reactive response:

People let change happen and then they respond or adapt to it. Change is seen as a loss or a threat.

Proactive response:

People plan for change and are open to new or multiple ways of doing things. Change is seen as an opportunity.

## Additional Reactions to Change

Individuals may experience different reactions to change. Examples include the following:

- Shock
- Confusion
- Loss of Identity
- Withdrawal
- Anger
- Exploration
- Challenge
- Acceptance



## Self Care

Always remember to care for yourself in order to increase your energy for coping with the situation.

Examples of self care include the following:

- Exercise even just a little
- Maintain a schedule
- Relax your body
- Calm your mind
- Use distraction
- Maintain a healthy diet.



**Master's Level Clinicians are available 24 hours a day, seven days a week, to speak with you about any issues you may be experiencing. Call us today!**

**1-800-765-3277**



## Managing Resilience During Change

**Positive** people develop the ability to view life as challenging, dynamic, and filled with opportunities. They appreciate the dangers and threats in change, but are not overwhelmed by them. They prevent stress from affecting other areas of their lives.

**Focused** people determine where they are headed and stick to that goal so that barriers along the way do not become insurmountable. Blocks or obstacles are given the appropriate attention.

Being **flexible** means being open to different options when faced with uncertainty. Flexible people recognize their personal strengths and weaknesses and know when to accept internal or external limits.

**Organized** people develop structured approaches to managing ambiguity. They set priorities, but when necessary renegotiate them during change. They recognize when to ask others for help.

**Proactive** people work with change rather than defend against it. They draw important lessons from change-related experiences to apply to similar situations. They also use resources to creatively reframe a changing situation.