

24-HOUR RECALL

{ BREAKING BARRIERS }

RISE AND SHINE: BREAKFAST BARRIERS

Barrier: I skip breakfast because I don't have time in the morning.

Solution: Pack a portable breakfast.

- Grab your favorite yogurt, top it with almonds and fresh berries.

Issue / Barrier:

RD Solution:

MID-MORNING MUNCHIES

Barrier: I don't know when I'll get to eat lunch.

Solution: Hectic schedule? Include protein for a satisfying snack to hold you over until you can take a lunch break.

- Dip sliced vegetables in hummus or almond butter.

Issue / Barrier:

RD Solution:

LUNCHTIME LAMENT

Barrier: I eat lunch on-the-go.

Solution: Make wise choices wherever you eat.

- Healthy options can be found at most restaurants.

Look closely at ingredients and preparation methods.

Talk to your Registered Dietitian about making healthy choices at your favorite lunch spots.

Issue / Barrier:

RD Solution:

MID-DAY SLUMP

Barrier: I'm hungry and all I see is a vending machine.

Solution: Keep healthy snacks handy in your desk drawer.

- Count out twenty-three almonds (the perfect portion!) and pair with your favorite piece of fruit.

Issue / Barrier:

RD Solution:

DINNER DILEMMAS

Barrier: I need something quick, convenient, and nutritious to satisfy my family of picky eaters.

Solution: Plan ahead for simple, easy weekday meals.

- Keep pre-washed salad, grilled chicken, sliced almonds, vegetables, fruit, and cheese in your refrigerator.

Encourage your family to build their own salad with their favorite toppings.

Issue / Barrier:

RD Solution:

END-OF-THE-DAY EXHAUSTION

Barrier: I want something sweet at the end of the day.

Solution: Add fruit to the dessert list.

- Try frozen bananas coated with chocolate and toasted almonds.

Issue / Barrier:

RD Solution: