Healthy Eating at Every Meal in Busy Life

M12-I-Unit 1

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2025 Fall @ FJU

Introduction-Preview

- Breakfast: The Most Overlooked Meal of the Day
- Lunch: Eat Healthy with Limited Time and Money
- dinner: Staying Healthy After a Long, Tiring Day

#1. Breakfast: The Most Overlooked Meal of the Day

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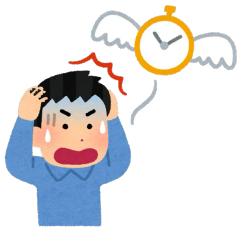
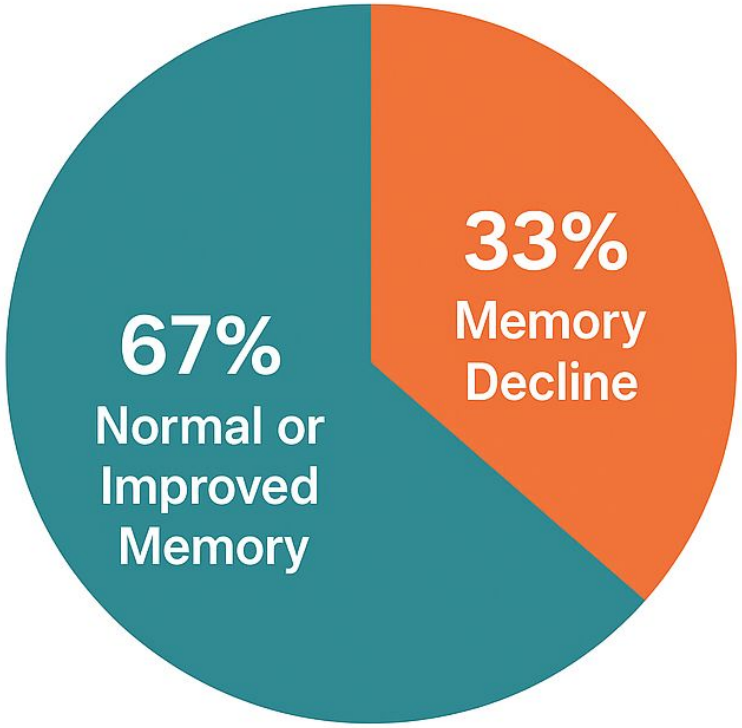
The Most Overlooked Meal of the Day



What happens to your body when you don't eat?

- trigger stress hormones, leaving you anxious
- low on energy
- poor concentration
- slower reactions
- emotional instability

Memory Performance of Adolescents Who Skip Breakfast



one-third of adolescents who skip breakfast

lower memory or cognitive performance

#1 Breakfast:
The Most Overlooked Meal of the Day

Benefits of eating breakfast：improve memory， improve concentration

How can we eat a healthy breakfast？

High-protein breakfasts

Sweet foods？

no fried foods

#1 Breakfast:
The Most Overlooked Meal of the Day

good choices for breakfast:

overnight oats

Oat energy bar

sandwich

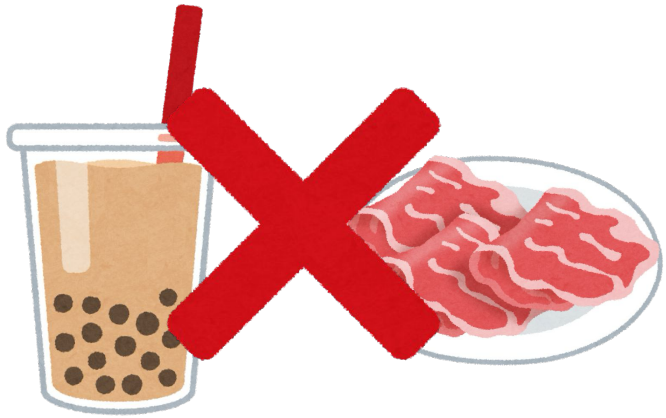
#2 Lunch:
Eat Healthy with
Limited Time & Money

Is it possible to Eat Healthy with Limited Time and Money?

Ingredients

Whole food
Foods that has not any artificial substances added.

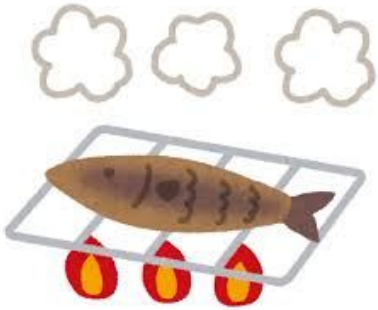
Highly processed food
Foods that often include a lot of sugar, salt, and oil.



Cooking method

boiled

grilled



fried

Fried foods are typically high in trans fats

- Heart disease
- Diabetes
- Obesity
- …

In convenience store

These foods can be buying at convenience stores and are healthy.

Baked Sweet Potato

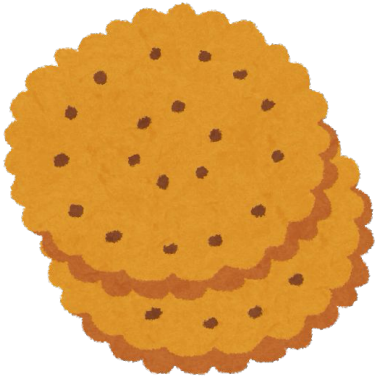
Onigiri

Salad

Snacks

We can prepare some food for snacks：

Biscuit



Nuts

Fruits

Poke bowl

- a little expensive
- whole food
- vegetables
- can choose ingredients
- protein: tofu or chicken
- quinoa, barley,

  or cauliflower rice

#3 Dinner and Beyond: Staying Healthy After a Long, Tiring Day

#3 Dinner and Beyond:
Staying Healthy After a Long, Tiring Day

after a long day, Dinner should help the body **recover and relax**.

recommended:

- for muscle repair and energy restoration, especially if you've been active.
- promote better sleep.
- Controls the energy intake, avoiding fatigue or poor recovery, while don't be too much that disturb sleep.

Recommend foods

For muscle repair:

- **lean protein** → grilled salmon or chicken, and quinoa

For sleep better:

- **Tryptophan** → Soybeans, quinoa
- **Magnesium** → Spinach… and… quinoa

And of course…it's great that having nuts and eggs.

If you really find yourself hungry late at night…

The nutrient needed is basically same as dinner.

But choose **small, nutrient-rich snack** rather than a full meal.

Less sugar

- Oat, like oatmeal.
- Low-sugar fruits like kiwi, berries…
- A handful of nuts & seeds.
- Greek yogurt.

midnight snack?

Conclusion-Review

- Main point #1

  The importance of breakfast for people to start their day is unquestionable.

- Main point #2

  Choose a balanced and healthy lunch to reduce your fat, saturated fat, cholesterol, sodium, and sugar levels.

- Main point #3

  Regulate your circadian rhythm by eating right and promote healthy sleep.

Q&A Session

- Q1: Based on the needs and goals, what are the differences between your dinner and your lunch?
- A1: Lunch supposed to intakes more energy for keep active, and provide long-lasting satiety. And dinner should helps body to rest and recover.

Q&A Session

- Q2: Do you think there are any disadvantages to having brunch frequently during holidays?
- A2: In addition to causing problems such as memory decline, can also lead to an irregular daily routine due to skipping breakfast and waking up late.

- Q3: What do you think are the effects of eating before bedtime on the next day?
- A3: Eating before bed can cause problems such as indigestion and poor sleep quality. Consuming too much salt before sleep may also lead to swelling the next morning.

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Thank you ！