

Eating Healthily With A Busy Lifestyle

(Informative Speech Outline Example)

Purpose: To inform the audience how to eat healthily on the run

Introduction:

How many of you want to be healthy? How many of you find it a challenge to eat healthily because you are always running somewhere such as from work to school or from school to another activity? Most of us are. Today we will discuss ways you can incorporate healthy eating into your lifestyle even if you are always on the go. Packing a lunch, choosing restaurants wisely, and keeping nutritious snacks on hand are a just a few of the ways you can still manage to eat something decent while maintaining a hectic pace.

Body:

I. Want healthy choices, pack your lunch

A. Can choose healthier options than if eating out

B. Usually less expensive than eating out

C. Many convenient options available

1. Pre-cooked, pre-cut chicken, turkey, etc.

2. Fruit cups, apple sauce, etc.

3. Pre-cut veggies

D. Can prepare the night before for convenience so easy to eat healthy

E. Microwaveable frozen healthy dinners are another option

1. Lean Cuisine

2. Healthy Choice

II. Choose wisely if eating out

A. Many restaurants (both fast-food and others) incorporating healthier choices into their menus

1. Salads

2. Baked or grilled entrees

3. Low-carb options

4. Fruits and yogurts

B. You can make choices that are healthier

1. Ask them to hold the mayo and other fattening sauces

2. Choose broiled or grilled instead of fried

3. Leave off the French-fries

C. Some restaurants geared toward healthy eating

1. Subway

2. Sweet Tomatoes

III. Keep healthy snacks easily accessible to stave off hunger

A. Fruit

B. Yogurt smoothies (also a good breakfast on the go)

C. Whole grain cereal bars

D. Water – lots of it

Conclusion:

Today we have looked at various options for eating healthy on the go. We have learned how packing a lunch, choosing a restaurant and entrée wisely, and keeping nutritious snacks on hand can all contribute to better eating habits even with a busy lifestyle. So the next time you think about heading to the drive-through to order that burger and fries consider this: with just a little planning you can enjoy a meal that's delicious AND healthy so that YOU don't end up super-sized.