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FLORIDA DEPARTMENT OF HEALTH IN SANTA ROSA COUNTY TO OBSERVE AMERICAN DIABETES ASSOCIATION'S NATIONAL HEALTHY LUNCH DAY



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Milton, FL – The Florida Department of Health in Santa Rosa County will join the American Diabetes Association (ADA) in observing Tuesday, November 15, as National Healthy Lunch Day. The observation targets businesses and organizations, offering tips and suggestions that promote the importance of good nutrition that can lead to healthy lifestyle changes and reduce the rates of Type 2 diabetes and obesity-related illnesses.

According to wellnessliveshere.org, 66 percent of working Americans buy their lunch every day instead of packing it and 63 percent decide what to eat less than an hour before sitting down. For those who enjoy eating out, or have to eat out for business purposes, the ADA offers some tips for eating a healthier restaurant lunch:

- Choose restaurants with healthier menu options and order these options.
- Try a vegetarian option, such as a grilled vegetable panini or wrap with fresh vegetables and hummus. Avoid options loaded with cheese.
- Order a salad with dressing on the side and with less or no cheese.
- Order the smallest sandwich on whole wheat bread or in a lettuce wrap, if available.
- Opt for salad, steamed fresh vegetables, fresh fruit or low-fat yogurt as side dishes.
- Order broth-based vegetable or bean soup rather than a creamy soup.
- Choose sugar-free drinks; water, unsweetened tea, coffee or diet soda.

For more information, visit wellnessliveshere.org.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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