



DON'T SKIP LUNCH TO IMPRESS THE BOSS!

The lunch hour has long been a thing of the past, but with the average lunch break having reportedly diminished to just under 20 minutes, SUBWAY® nutritionist Juliette Kellow looks at the impact this can have on Kettering and Leicester's workforce.

Unfortunately, many people think working through lunch helps to impress their boss or colleagues, and it has been reported that one in four office workers skip their lunch altogether. But in fact, skipping lunch can actually hinder your performance at work.

SUBWAY® nutritionist Juliette Kellow says: "Skipping lunch means you'll feel tired and low on energy and find it hard to concentrate during the afternoon, due to low blood sugar levels. This means you'll be far less productive in meetings and will find it harder to plough your way through a heavy workload - not exactly a great way to impress your boss! You'll also feel more irritable, which can lead to tension in the workplace, leaving you - and everyone else - feeling stressed."

Fortunately though, bosses can easily keep their workforces on the ball and - thanks to the SUBWAY® chain - rumbling tummies in meetings will be a thing of the past. The SUBWAY® chain in Kettering and Leicester have launched a catering service - fuelling the business community whether they have time to nip out for lunch or prefer to stay put and order in. Stores can deliver platters of fresh SUBs perfect for productive meetings, which taste delicious and are made-to-order to meet specific requirements - a concept that is known as "Fresh Food Fast" - which is a world away from fast food! So with 3 stores in your area, there's no excuse to go hungry!

You can even order a SIX-FOOT (yes six-foot!) PARTY SUB if you have lots of mouths to feed. And because they are made-to-order, you can choose exactly how you want them, making sure that you get all the nutrients you need to help keep you sharp.

Regularly skipping lunch also means it's harder to get all the nutrients you need to stay healthy - but much easier to pile on the pounds. Says Juliette: "Skipping lunch means you'll miss out on the protein, fibre, vitamins and minerals this meal typically provides - and unfortunately, filling up on a bag of crisps and fizzy drink later in the day won't make up for this shortfall. You'll also find it harder to resist the afternoon chocolate or cake run in the office and be more likely to raid the fridge and biscuit tin when you get in from work. This can quickly pile up the calories, leaving you piling on the pounds."

Knowing what to choose for lunch is a problem for many of us. "If you want a healthier option, go for a high-fibre bread to help keep blood sugar levels topped up throughout the afternoon," says Juliette. "Then fill with loads of vitamin-rich salad. Opt for a small amount of cheese and a serving of lean meat or chicken to keep fat and calorie intakes down. And give mayo and salt a miss - instead opt for a little low-calorie dressing and black pepper."

In fact, there are more than two million possible sandwich combinations, with the result that your taste buds are sure to love you! Simply, start by choosing from one of five delicious breads. Then pick your favourite filling, whether it's ham, turkey, chicken, beef or even meatballs. Top with your favourite salad - in any combination you want - and finish with a drizzle of your favourite dressing. By choosing all the salad ingredients you'll get one of the five daily servings of fruit and veg as recommended by the Department of Health.

So whether it's a working lunch or just grabbing ten minutes to get something to eat, the SUBWAY® chain provides fresh food fast that tastes great - leaving you ready for a productive afternoon at work! To find your nearest SUBWAY® store to order lunch for your office visit www.subway.co.uk.