

# “Lunch Hour:” Myth Or Reality?

(NAPSA)—No time for lunch? Well, you’re not alone. A recent study conducted by the Uncle Ben’s® Brand reveals that almost three out of four Americans who take a lunch break take less than the full hour traditionally allotted. What’s more surprising is almost one out of 10 Americans do not even take a break for lunch at all.

With so much to do and so little time, it’s no wonder the idea of a “lunch hour” has become a thing of the past. Due in part to America’s outlook on productivity and efficiency in the workplace, today’s “lunch hour” is more like the “lunch minute.” However, contrary to popular belief, forgoing lunch is not conducive to productivity.

According to Deborah Duchon, a nutritional anthropologist at Georgia State University, lunch should not be optional. “People often skip lunch to get more done, but this is actually counterproductive. In most cultures, people stop for a midday meal because a balanced meal helps them complete the work day more productively without getting tired.”

Following are a few tips to help you fit lunch into your daily routine:

## **Plan Ahead**

The amount of time spent actually eating is drastically reduced when you are running out each day to purchase a meal. Instead, plan ahead by packing your lunch—you are sure to save time and money.

## **Grab and Go**

Look for lunches that are easily transportable. Some good choices for a hot, easy-to-prepare lunch are the new frozen bowls that are now on the market. Uncle Ben’s® frozen bowls are the ideal lunch solution because they provide a full line of delicious, microwavable meals that are ready to eat in minutes. Additionally, each bowl



**Nutritional Anthropologist Deborah Duchon recommends fitting a convenient, easy-to-prepare lunch into your daily routine.**

is a single serving, packed with flavor and easily transportable—perfect for home or work.

## **Schedule Lunch Time**

While we can’t always plan meetings around our eating schedules, we can map out each day’s activities. Jot down your daily appointments each morning. Treat lunch like an appointment and block off time for your mid-day meal. Even if it’s only 15 minutes out of your day, make it a point to eat.

## **Fun Facts About Lunch**

- Survey results show that Americans’ top concern during lunchtime is a meal that is “quick and easy.” “Taste and convenience” also rank high on the priority list.

- According to the survey, 32 percent of both men and women eat in their offices during the work week.

- The modern notion of “lunch” first appeared in a 1755 version of the Samuel Johnson Dictionary. Then referred to as “nunchion,” the word’s definition is: “as much food as one’s hand can hold.”