

# Princes' guide to... Making the most of your lunch break

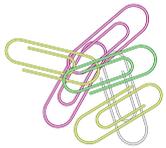
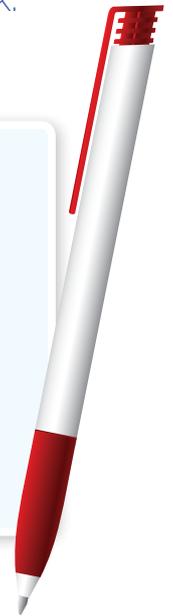
In a recent survey of 2,000 full-time UK workers, Princes found that the average lunchtime is now only 29 minutes long! We also found that more than one in three of us regularly skip lunch altogether, with 65 per cent saying it's because they're too busy to eat.\*

We've developed this quick guide to help you make more of your lunch break.



## Did you know?

- People in Birmingham and Coventry take the shortest lunch break at just 25 minutes!
- Those in Chelmsford and Oxford enjoy a slightly more leisurely lunch of 34 minutes.
- People working in agriculture or the armed forces only get a measly 16 minutes for their lunch.
- Insurance workers have the longest breaks in Britain, taking 38 minutes for their lunch.



## Five ways to a healthy and nutritious lunch:



### 1. Make a list

Plan ahead and decide all your meals in advance – it'll stop you being tempted by unhealthy junk food.



### 2. Shop once, cook once

Do all your shopping at the weekend to save you time later on in the week.



### 3. Stay satisfied

Choose foods like beans, pulses and brown rice or pasta to keep you fuller for longer – it will power you through the day!



### 4. Mix it up

Healthy lunches don't need to be boring – try and choose something different every day.



### 5. Keep it simple

Ensure you have a healthy and nutritious Princes Tuna Salad on hand to make the most of your lunch break.

**PRINCES**

*Yours to enjoy*

*eat well*

## Princes Tuna Salads

With time being squeezed, Princes has developed a new range of healthy and nutritious Tuna Salads which are perfect for lunch on-the-go as they don't need to be refrigerated and come with a handy fork.

- ✓ Delicious and nutritious
- ✓ Low in saturated fat
- ✓ All less than 280 calories
- ✓ Inspired by international food flavours
- ✓ Developed by a nutritionist

For more information visit [www.princes.co.uk/our-products/fish/tuna/tuna-salads/](http://www.princes.co.uk/our-products/fish/tuna/tuna-salads/)



## Six things to do in your lunch break:

We think you should make the most of your lunch break! Here's six ideas to inspire you . . .

### 1. Explore your local area

Your lunch break is an ideal time to get some fresh air – why not get out and take a walk around your town or city? For fun guides to city walks visit [www.visitbritain.com/en/Things-to-do/](http://www.visitbritain.com/en/Things-to-do/)

### 2. Indulge yourself

There are plenty of beauty salons around that offer 15 minute facials, massages or manicures. Why not treat yourself today?

### 3. Learn something new

Your lunch break is a perfect opportunity to develop a new skill. Why not study a new language? There are plenty of great value audio books and guides available to help get you started.

### 4. Get away from it all

These days both home and work life can be so frantic. Why not take some time out and pick up the latest bestseller? Reading a great novel is a brilliant way to escape from it all.

### 5. Keep fit

Lots of gyms offer shorter exercise classes that run during lunch hours. Why not join a quick Zumba or Spinning class to get your adrenalin pumping?

### 6. Donate your time

Giving just a small amount of time every week can make a big difference. Why not check out volunteering opportunities in your area? Visit [www.csv.org.uk](http://www.csv.org.uk) to find out more.

