Healthy Eating On-The-Go

No time? No problem! Skip the fast-food restaurants and follow these tips to stay on track:

• **Pack Snacks:** Before you head out the door, grab a few snacks to keep you satisfied between meals. Keep non-perishable food in your bag, car or desk. Healthy snack ideas include dried fruit and nuts, whole-grain crackers, granola bars or an apple.

• **Plan Ahead:** Take-out can be healthy too! Research the menus on websites of local restaurants for healthy options. Order an entrée salad with protein (like chicken or shrimp) or ½ sandwich on whole-grain bread with a salad as a side instead of fries or chips. Choose baked, broiled or grilled options instead of casseroles, fried food or creamy pasta dishes.

• **Grab-and-Go Groceries:** Put together a ready-to-eat meal at your grocery store. Many grocery stores offer sushi, salad bars, cut-up veggies and hummus. Or, pair a rotisserie chicken with a prepared deli item such as a three-bean salad. Avoid high-calorie deli items like potato salad or macaroni salad.

• **Vending Machine:** If the vending machine is your only option, try trail mix, whole-grain granola bar, Sunchips or popcorn, instead of a candy bar.

• **Healthy Breakfast:** Before you head out the door, grab a quick and easy breakfast. Breakfast ideas include a whole-wheat wrap with peanut butter and sliced banana or apple, single-serve cottage cheese with fruit, yogurt and chopped nuts or a hard-boiled egg with string cheese and a piece of fruit.

• **Brown Bag Lunch:** Packing a lunch the night before is healthier than fast-food options, and it will save you money too! Consider bringing a salad made with pre-cut veggies and canned beans, or a pita sandwich with low-sodium deli meat and baby spinach leaves. Bring a piece of fruit or low-fat yogurt for a sweet treat!

• **Quick and Tasty Dinners:** You don’t need to be a chef to create healthy and quick dinners at home! Healthy dinner ideas include grilled cheese and tomato on whole-grain bread, low-sodium soup and a salad, veggie omelet and fruit, or a whole-wheat wrap with hummus, low-sodium deli turkey, shredded carrots and avocado.

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