

Healthy Eating on the Go

No time? No problem! Skip the fast food restaurants and follow these tips for healthy eating on -the-go:

- **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 fruit.
- **Plan Ahead:** Research menus on websites of local restaurants for healthier 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:** Many grocery stores offer sushi, salad bars, cut up veggies and hummus that you can grab and go. You can also try pairing rotisserie chicken with a prepared deli item such as a three-bean salad.
- **Vending Machine:** If the vending machine is your only option choose pretzels, trail mix, granola bar, SunChips® or popcorn instead of a candy bar or potato chips.
- **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, plain or unsweetened 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 not only will be healthier than fast-food options, but it will save you money too! Consider bringing a salad made with pre-cut veggies and canned low sodium beans or a pita sandwich with low sodium deli meat and baby spinach leaves. Bring a piece of fruit or plain/unsweetened 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 sliced 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, spinach and avocado.