With a busy lifestyle, we want fast, easy and tasty foods. Most of us don’t make healthy food choices when we’re short on time.

Fast food is tempting because it is:
- Readily available
- Inexpensive
- Filling
- Quick

BUT ... it usually isn’t the healthiest choice.

If you eat out
- Watch portion size.
- Order a kid-size meal.
- Split your order.
- Boost nutrients by adding tomatoes, peppers or other vegetables.
- Choose condiments wisely — salad dressing and mayo are loaded with fat.
- Choose a salad or baked potato instead of fries.
- Drink water, milk, 100 percent fruit juice or low-calorie drinks.

Make healthy choices
With just a little planning, you can eat healthier on the run.

Stock your car
On the road, bring along healthy snacks:
- Bottled water
- 100 percent fruit juices
- Fresh or dried fruit
- Crackers or pretzels
- Low-fat granola bars
- Nuts or trail mix

Stock the kitchen with healthy, quick-to-fix options:
- Canned foods: fruit in juice, water-packed tuna, low-sodium soup
- 100 percent fruit juices
- Mixes: pancake, corn bread, muffin, whole grain whenever possible
- Whole-grain pasta/rice
- Low-fat yogurt
- Whole-wheat bread or tortillas
- Pre-cut fruits and vegetables

Healthy Eating on the Run

The morning rush
Try a grab-and-go breakfast:
- Mix your favorite dry cereal in a plastic bag
- Spread peanut butter on whole-grain toast, crackers, a tortilla, an English muffin or a bagel
- Low-fat cheese and crackers
- Whole-grain or fruit muffin
- Fresh fruit or vegetables
- Low-fat yogurt
- 100 percent fruit juice, flavored milk or a breakfast shake

Eat before you go!
Make it a habit to eat fruit, cereal, low-fat yogurt or a healthy snack before you run errands.

Hectic schedules limit time for dinner
Stock the kitchen with healthy, quick-to-fix options:
- Canned foods: fruit in juice, water-packed tuna, low-sodium soup
- 100 percent fruit juices
- Mixes: pancake, corn bread, muffin, whole grain whenever possible
- Whole-grain pasta/rice
- Low-fat yogurt
- Whole-wheat bread or tortillas
- Pre-cut fruits and vegetables

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp.