Healthy Eating on the Run

Are you always on the go? When you’re in a hurry, it’s hard to take time to prepare meals or snacks. You may not always make healthy food choices if you’re short on time. If you have a hectic lifestyle and want to eat healthy, the key is to plan ahead and be prepared.

Plan to fit your schedule
- Plan ahead—where will you eat and what choices will be available?
- You may not always have time for a meal, but may have time for mini-meals or snacks throughout the day.
- Knowing your schedule will help you buy and prepare the foods you need for the week.
- Spend some time on the weekend preparing foods that you need for the week.
- Cook meals and make enough for leftovers to eat in different ways throughout the week or freeze for future use.

Eating healthy on the run is all about planning. Use these tips to help you plan your day of healthy eating when you’re on the run.
- Think about the type of day you will have.
- Will you have meals, snacks, mini-meals or a combination?
- Plan larger meals first.
- Determine which MyPyramid food groups you meet.
- Fill in snacks and mini-meals with foods from missing food groups.
- Use the chart below to plan your day.

Be prepared with the right equipment
- Food storage containers, ice packs, insulated meal bags and coolers give you many options for safely storing and carrying your food.

Snacks for your backpack, desk or car
- Bottled water
- Fresh or dried fruit
- Pretzels
- Nuts or trail mix
- Peanut butter crackers
- 100% fruit juice
- Whole-grain crackers
- Low-fat granola bars
- Whole-grain cereal
Refrigerated snacks
- Low-fat milk or yogurt
- Low-fat cheese and whole-grain crackers
- Low-fat cottage cheese and fruit
- Whole-grain bagel with low-fat cream cheese
- Fresh vegetables and low-fat dip

Tips for dinner
- Stock your kitchen with healthy, easy-to-fix options.
  - Canned foods: fruit in juice, water-packed tuna, low-sodium soup
  - Mixes: whole-grain pancake, muffin, cornbread
  - Whole-wheat pasta, brown rice
  - Whole-wheat bread, tortillas
  - Low-fat yogurt
  - Pre-cut fruits and vegetables
- Grab dinner at the supermarket deli. Try a rotisserie chicken, bag of salad and freshly baked bread.

Eating out
- Watch portion sizes.
- Split an order or get a child-size portion.
- Boost nutrients by adding tomatoes, peppers or other vegetables.
- Choose a salad or baked potato instead of fries.
- Read restaurant menus carefully for clues to hidden fat and calories. Batter-fried, breaded, creamed and buttered can mean more fat and calories. Look for baked, broiled, grilled, roasted or steamed instead.