

# 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.

What	When	Where	Food	MyPyramid food groups				
				Grains	Fruits	Vegetables	Milk	Meat
Meal, snack, mini-meal	Time	Place	Food choice					



## 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.

