

HEALTHY EATING ON THE GO

We all want food that is fast, easy and tasty. For many of us, time to prepare healthy meals is limited. It's easy to make unhealthy choices when we're short on time.

Make a plan

It's helpful to take some time to think about busy times in your week when you are most likely to grab food on the go. Making a plan for meals and snacks in advance can make healthy eating easier.

Meal prep to save time and money

- Make meals ahead of time and store in the freezer.
- Have snacks portioned out and ready to go.
- Chop fruits and vegetables ahead of time for quick snacks and sides.
- Cook extra chicken and store it in the freezer for a future meal.

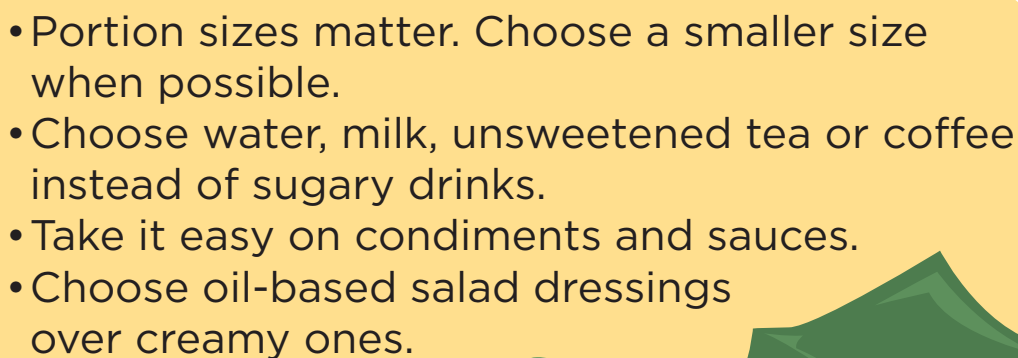
Snack smart

- Plan healthy snacks to save money and keep you satisfied.
- Keep nonperishable snacks, such as unsalted nuts or trail mix, on hand.
- Choose snacks that have fiber or protein for staying power.
- Prepare vegetables or fruits for snacks when you bring them home from the store.
- Pack a small cooler for cold foods on the go.



Simple fast-food swaps can make a big difference.

- Look at the nutrition information before ordering.
- Order a side salad, baked potato or fruit instead of fries.
- Order grilled chicken instead of fried.
- Add veggies to your burger, sandwich or pizza.

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- Portion sizes matter. Choose a smaller size when possible.
 - Choose water, milk, unsweetened tea or coffee instead of sugary drinks.
 - Take it easy on condiments and sauces.
 - Choose oil-based salad dressings over creamy ones.

