

FUEL ON THE GO

BALANCED NUTRITION WHEN EATING ON THE RUN

With everything that needs to be accomplished in an average day, is it any wonder that food is often forgotten about until hunger strikes and healthy options are at a minimum? Like most people today, if you spend a lot of time out of the house, having a balanced, nutritious meal or snack may seem impossible. However, by following some easy tips and doing a little planning, you can have meals and snacks that are balanced, nutritious, and provide sustained energy to keep you going all day.

Here's how:

Know what "Balanced Nutrition" means

No matter where, when or how you eat meals and snacks, one word should come to mind every time you eat – Balance. Most fad diets do not focus on balance, but extremes, which causes the high rates of diet failure. All of your meals and snacks should contain foods from two or more food groups. Also, the foods you choose should be the most nutritious foods from each food group. Whole grains, fresh, whole fruits and vegetables, and unprocessed protein and dairy foods fit the bill.

Planning a typical meal or snack:

1. Start with a whole grain.
2. Add a fruit and/or vegetable. (Aim to fill half your plate with these foods at every meal).
3. Choose a high-value, low-fat protein (lean, baked or broiled meats), low-fat and nonfat dairy, alternatives such as beans, legumes, egg whites and vegetarian options.
4. Use foods that travel well – refer to list.
5. Pack enough food for the amount of time you will be away from home.



More tips for eating on the go

- Prepare foods to take with you the night before, especially if you are rushed in the morning to get out of the house. Also, pack any leftovers from dinner in single serving containers to take with you when you need them.
- Go to the grocery store regularly. You can be assured you will have foods to pack and go if they are on-hand at home. Stock up on the weekends so you do not need to take time out of your busy schedule during the week to go food shopping.
- Invest in an insulated lunch bag to take foods with you that should stay cold.

Foods that Travel

Whole Grains

- Dry cereals – Cheerios, Wheat Chex, Shredded Wheat, Quaker Oatmeal Squares, Life
- Instant oatmeal – just add hot water
- Whole wheat bread
- Whole wheat bagels
- Wheat germ
- Whole wheat pita bread
- Whole wheat pocket bread
- Leftover mixed-dishes with
 - Brown rice
 - Whole wheat pasta

Fruits and Vegetables

- Piece of fruit – banana, apple, orange, pear
- Bunch of grapes
- Precut vegetables – carrots, celery, broccoli, cauliflower
- Vegetable salads
- Leftover dishes with mixed vegetables
- Cut vegetables for sandwiches

Protein

- Low-fat yogurt
- Soy milk
- Smoothies
- Hummus
- Low-fat cream cheese
- Low-fat or soy cheese slices
- Instant bean, lentil soups – just add hot water
- Protein bars
- Low-fat string cheese
- Nuts and seeds
- Soy nuts

SAMPLE MEALS AND SNACKS USING FOODS THAT TRAVEL

Breakfast

Whole Grain
Fruit
Protein
Whole Grain
Fruit
Protein

On the Way

Dry cereal
Banana
Soy milk
Whole wheat bagel
Apple
Low-fat cream cheese

At the Office

Instant oatmeal
Orange
Low-fat yogurt
Dry cereal
Grapes or strawberries
Skim milk (added to cereal)

Lunch

Whole Grain
Vegetable
Protein

Fruit
Whole Grain
Vegetable

Protein
Fruit

Out & About

Whole grain bread
Short cut carrots
Turkey luncheon meat
& low-fat cheese
Pear
Whole wheat pita bread
Vegetable salad with
low-fat dressing
Hummus
Banana

At the Office

Leftover whole wheat pasta
Steamed vegetable & tomato sauce
Instant bean soup

Pineapple chunks
Leftover stir-fry w/brown rice
Vegetables in stir-fry

Chicken or beans in stir-fry
Melon pieces

BEST CHOICES WHEN ON THE ROAD

- Choose plain sandwiches without sauces, mayonnaise, regular cheese or bacon.
- Order fresh salads without high-fat items, like fried chicken strips or French fries, and choose a low-fat or fat-free dressing.
- Look for delicatessen and bistros that sell fresh fruits, salads and whole grain breads.
- Drink water, low-fat milk or herbal tea instead of soft drinks or other high-sugar drinks.
- Go for a baked potato (easy on the toppings) instead of fries, onion rings or chips.
- Skip croissants and biscuits.
- Don't "Super-Size," "Biggie Size" or "Jumbo Size" your order. Stick to smaller sizes, ½ portions or even junior or children's sizes.
- Ask how foods are prepared so you are not surprised when your order is ready.



Recipes to Make & Take

Power Smoothie

1 banana
1 cup fresh berries
(strawberries work well)
2 cups vanilla soy milk
1/4-1/2 cup wheat germ
Place all ingredients in a blender
and blend until smooth.
Serves 4

Super Salad

2 cups mixed greens
or baby spinach
2 Tbsp nuts (almond slices,
walnuts, soy nuts)
1/4 cup mandarin oranges
1/4 cup pineapple chunks
1/4 cup fresh berries
3 Tbsp fat-free poppy seed dressing
Mix all salad ingredients
together. Toss with dressing
when ready to eat.

Stuffed Veggie Pita

1/2 whole wheat pita
2 Tbsp low-fat veggie
cream cheese
Chopped vegetables
Split pita and spread
cream cheese inside pita
pocket. Fill with chopped
vegetables of your choice.