

# Healthy eating on-the-go

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When you have a busy job and family responsibilities, time is of the essence and nutrition may be the last thing on your mind. Even with a busy schedule, healthy eating on-the-go can become a priority with these helpful strategies. Remember, planning ahead is the key to eating well and feeling energized!

## The secret's in the menu:

Think ahead and plan where you will eat so that you will have access to healthier meal options, (examples include salads with grilled chicken, or vegetable-based soups). When reading menus, look for key words to limit excess fat, sodium and sugar, such as: buttered, creamed, crispy and breaded. Aim to limit these items and instead look for items with the words grilled, baked and/or steamed.

## “Special requests:”

When ordering foods, ask for healthier alternatives, such as condiments on the side (dressings, sauces), or requesting an extra serving of vegetables. Simply asking for small changes to your order can help to decrease calories and increase nutrient content.

## Hunger management:

Cravings can hit when you go for hours without food. This can lead to choosing foods that are fast and convenient, but low in nutrients and high in added fats and sugar. Instead, eat small nutrient-dense snacks between your main meals to manage hunger. Try whole grain crackers with natural peanut butter, fresh fruit, veggies and hummus or trail mix.

## Meal prep:

Box up those extra left overs from the weekend or evening before and bring them to work. Enhance the meal with an extra serving of vegetables (frozen vegetables can easily be heated the day of) for a nutritional boost. Check out these healthy recipes for more ideas: [www.allrecipes.com](http://www.allrecipes.com) or [foodwishes.com](http://foodwishes.com).

## Portion control:

Sometimes our eyes are bigger than our stomach! With so many food options available it is easy to choose more than we actually need. Use the “Myplate recommendations” to portion your plate:  $\frac{1}{2}$  plate vegetables,  $\frac{1}{4}$  plate grain,  $\frac{1}{4}$  plate lean protein.

## A new work environment:

There's always a reason to celebrate in the office! Birthday or holiday, it can be tempting to eat every dessert in sight. Create a healthier food environment at work by bringing alternatives such as chocolate covered fruit and nuts, a colorful fruit tray, or mini-sized desserts.