



Healthy Eating on The Go

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- ✓ Plan ahead. Chop a week's worth of vegetables, boil a dozen eggs, blend a pitcher of smoothies, or make a large salad to be stored in the fridge. Pack a week's worth of healthy meals and snacks. These can be grabbed quickly before you leave the house.

- ✓ Limit the alcoholic drinks to one drink for women and two for men. Alcohol makes you hungry and contains empty calories.

- ✓ Use whole grain bread or a tortilla for sandwiches. Skip mayo and use mustard instead. Add vegetables like lettuce, tomatoes and peppers to your sandwiches.

- ✓ Fill up on the healthy food first. Start with your fruits and vegetables at meals.

- ✓ Put healthy snacks in your pocket or store them in your vehicle or workspace. Single serving portions of trail mix, granola bars, whole grain crackers and peanut butter and fruit or single serve packages of tuna are quick and easy snacks or light meals.

- ✓ Carry a water bottle. Drinking at least 64 ounces of water every day will curb cravings.

References

Academy of Nutrition and Dietetics. (2014). Food, nutrition, and health tips from the academy of nutrition and dietetics. Eat right. <https://www.eatright.org>

Codlitz, G.A. (2019, December 11). Healthy diet in adults. Up to date. https://www.uptodate.com/contents/healthydietinadults?search=macronutrients&source=search_result&selectedTitle=1~35&usage_type=default&display_rank=1