



No time? No problem!

How to eat healthy on the go

In today's fast-paced world, many of us get our meals from a drive-thru window. It's time to skip the fast-food restaurants and follow these tips to stay on track:



Pack snacks. Before you head out the door, grab a few healthy snacks to keep you satisfied between meals. Try foods like dried fruit, nuts, whole-grain crackers, granola bars or an apple.



Do some homework. Take-out food can be a healthy option, too. But before you pick up the phone, take a look at the menus on websites of local restaurants for good-for-you foods like salads with grilled chicken. Choose baked, broiled or grilled options instead of casseroles, fried food or creamy pasta dishes. Order a half sandwich on whole-grain bread with a salad as a side instead of fries or chips.



Grab and go at the grocery store. Put together a ready-to-eat meal at your local grocery store. Many grocery stores offer sushi, salad bars, cut-up veggies and hummus. Or, pair a rotisserie chicken with something healthy from the deli like a three-bean salad. Stay away from high-calorie deli items like potato salad or macaroni salad.



Hit the right button. If the vending machine is your only option, choose trail mix, a whole-grain granola bar, SunChips[®] or popcorn, instead of a candy bar or potato chips.



Start your day on a healthy note. To fight off hunger early in the day, make time for a quick and easy breakfast you can eat at home or pack. Breakfast ideas include a whole-wheat wrap with peanut butter and a sliced banana or apple, a single serving of cottage cheese with fruit, yogurt or chopped nuts, or a hard-boiled egg with string cheese and a piece of fruit.



Punch up your lunch. Packing a lunch the night before is healthier than fast-food options. Plus, it'll save you money! Fill your lunchbox with pre-cut veggies and canned beans, or a pita sandwich with low-sodium deli meat and baby spinach leaves. Sweeten the deal with a piece of fruit or low-fat yogurt for a treat.



Make dinner in a snap. You don't need to be a chef to create healthy and quick dinners at home. Healthy dinner ideas include grilled cheese and tomato on whole-grain bread, low-sodium soup and a salad, veggie omelet and fruit, or a whole-wheat wrap with hummus, low-sodium deli turkey, shredded carrots and avocado.