



Do you often skip meals and feel fatigued and foggy headed? Or are you trying to lose weight by skipping meals - only to find yourself binging late in the day because you are so hungry? Your body needs nutritious food every 3-5 hours to sustain energy and maintain mental alertness! Sometimes we miss meals or eat whatever we can find on the road because we are so pressed for time. Today, the average person dines out more than nine times per week, and 3-out-of-4 people eat regularly at "fast food" restaurants. When we eat out, surveys reveal that we consume about 20% more calories and 30% more fat than at home. Restaurant meals are also 20-30% lower in fiber, calcium and iron. But with a little bit of planning, you can prepare quick!

Eating right when eating on the run When you are in a hurry, it's may seem hard to take the time to prepare meals or snacks, let alone to sit down and eat. No matter where you're off to, you have time to grab a nutritious snack. The key is to plan ahead and be prepared. Whether you're in a hurry to go to a class or a meeting, or just want a snack for later, here are some healthy ideas.

Try to have some of these foods in you office or kitchen to grab when you are in a rush:

**Bagel Cereal Cheese**

**Dried Fruit**

**Fig Bars**

**Fresh Fruit**

**Graham Crackers**

**Granola Bar**

**Rice Cakes**

**Raw Veggies**

**Trail Mix**

**Nuts**

**Peanut Butter**

**Pretzels**

**Raisin Bread**

## *Refrigerated Snacks*

The following items should be refrigerated. If that is not possible, keep them in an insulated lunch bag with an ice pack:

Hard Boiled Eggs

Hummus Spread

V-8 Juice

Cottage Cheese and Fruit

Lean Deli Meats

Low-Fat Milk

Fresh Veggies

Marinated Tofu

Low-Fat Yogurt

## *Eating Healthy Away from Home*

*Order salad with the dressing on the side*

*When out for pizza, order a side salad and eat it before the pizza comes*

*Ask for sandwiches without the special sauce, dressing, or mayo*

*Carry fresh fruit to enjoy with your meal instead of French fries or chips*



*Order orange juice or milk instead of soda to boost the vitamin and mineral content of your meal. Better yet, stick to water, which has no calories.*

*Compensate for high fat/sodium meals by choosing healthier meals the rest of the day.*

### *Winning Substitutions for Weight Loss*

- If you are concerned about your weight, simple changes can make quite a difference in your weight! You may want to try these grab and go alternatives to help lose weight or maintain healthy weight.
- Just two days a week try 2 slices of whole-wheat toast with jam and you can lose approximately 5.1 pounds over the course of a year!
- If you like to snack on 3 or 4 handfuls of nuts a day, instead of 1 cup of peanuts, just 2 days a week, try 17 cups of butter-free air popped popcorn (that's not a typo!) and you can lose approximately 12.5 pounds over the course of a year!
- If you love deli sandwiches for lunch, instead of roast beef on white bread with mayo and cheese, just 2 days a week try turkey on wheat bread with lettuce, tomato and mustard and you can lose approximately 18.5 pounds over the course of a year!

### *Quick Prep Meals*

Sometimes you have just enough time to eat before you run out the door. Here are some simple meal ideas that can be prepared in 15 minutes or less:

MEAL	FOODS NEEDED	PREPARATION	COOK TIME
Soup	Buy pre-made	Add water and heat	2-3 minutes
Salad	Buy pre-made lettuce and veggies of choice	Cut veggies, combine with lettuce	5 minutes
Turkey Sandwich	Turkey, whole-wheat bread, lettuce, tomato, mustard	Combine ingredients to make sandwich	5 minutes
Tuna Melt	Whole-wheat bread, tuna, tomato, cheese	Melt cheese over tomato and tuna on bread in microwave	5-7 minutes

<b>Pizza Bagel</b>	Tomato sauce, whole wheat bagel, cheese	Spread sauce over bagel, melt cheese over sauce	5-7 minutes
<b>Peanut Butter and Jelly</b>	Whole-wheat bread, natural peanut butter, jelly	Spread peanut butter and jelly on bread	3 minutes
<b>Spaghetti Sauce</b>	whole-wheat noodles, pre-washed return to pot, add sauce and spinach/veggies. vegetables	Cook noodles, drain, baby spinach or frozen Noodles are hot enough to heat sauce and wilt spinach/defrost veggies	15 minutes
<b>Bean Burrito</b>	Canned vegetarian refried beans, tomato, lettuce, low-fat cheese, whole-wheat tortilla	Warm beans in microwave, dice tomato, add ingredients to tortilla and wrap up	7 minutes

Some of these items can be prepared in advance or made from leftovers-such as the sandwiches, salads, spaghetti and burritos.

Be sure to pack foods that have meat or mayo in a cool place and do not let them stand at room temperature for more than 2 hours.

