

HEALTHY ON THE GO

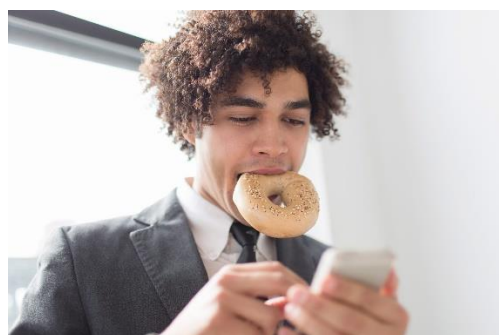
Tips for dining out & rushing about



When it comes to eating well, we start with the best intentions: we bookmark healthy recipes, stock the fridge with fruits and vegetables, and maybe even buy a slow cooker. But life gets busy and we have errands to run, soccer matches to attend, and the last-minute work project to handle. Healthy eating when you're away from home and on the go can be a challenge, so here are some tips to keep in mind!

Rushing out the Door

If you find yourself rushing out the door in the morning without a plan for breakfast or lunch, you're not alone. But skipping meals to make up on time isn't the answer. Try these tips for healthy eating when you're busy:



- ✂️ **Plan the night before.** Prepare your breakfast and pack a lunch the evening before so you can grab them before you head out the door. Don't forget your water bottle to stay hydrated.
- ✂️ **Use your freezer.** Spend some time on the weekend preparing freezer-friendly options like smoothie packs, healthy muffins, and toaster waffles.
- ✂️ **Keep grab-and-go snacks handy.** Pre-pack portioned snacks in your fridge and pantry like cut fruit and veggies, hard-boiled eggs, trail mix, and healthy bars. Stash snacks in your car and desk drawer at work so you have some options on extra-hecktic days.

Dining Out

Dining out definitely has its benefits. It's a fun way to try new foods and tastes, it saves on the time and effort to make a meal, and it often comes with an opportunity to socialize with others. But eating out also makes it much easier for healthy habits to go out the window. Here are some tips to keep it healthy:

- ✂️ **Plan ahead.** Check out the menu beforehand and look for healthier options. When you're seated at the table socializing with friends and surrounded by delicious aromas, you're less likely to focus on making smarter meal choices.
- ✂️ **Modify the meal.** Most restaurants have plenty of healthier meals to choose from, but you may also be able to request some changes. Choose baked, broiled, or grilled proteins and seasonal sides instead of fries, replace the burger or sandwich bun with lettuce, and pass on cream sauces.
- ✂️ **Be mindful of portion sizes.** Restaurant meals tend to be large portions, which leads us to overeat. Ask for a takeaway container and pack up some of the food before you tuck in. Enjoy the leftovers for tomorrow's lunch!
- ✂️ **Skip the appetizer.** Pass on the bread and starter and wait for your entrée. If you just can't skip the appetizer, choose a salad with vinaigrette on the side.
- ✂️ **Do your best to pass on fast food.** If you can't avoid the drive-thru, find better-for-you choices. Most fast-food places do offer options like salad, grilled chicken, fruit cups, and apple slices. Pass on cheese and sauces and stick to condiments like ketchup and mustard. Choose water instead of soft drinks and don't supersize your meal.



ENJOY A FREE PASS (SOMETIMES)

If eating out isn't a regular occurrence for you, it's ok to indulge every once in a while! Just don't make it a habit.

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HEALTHIER OPTIONS FOR FAST FOOD



Burger King
Grilled Chicken Sandwich
without mayo
370 calories, 7 grams of fat



McDonald's
Artisan Grilled Chicken
Sandwich with apple slices
380 calories, 6 grams of fat



McDonald's
Egg White Delight McMuffin
280 calories, 10 grams of fat



Starbucks
Chicken and Hummus Bistro Box
270 calories, 7 grams of fat



Subway
6" Club Sandwich
310 calories, 4.5 grams of fat



Wendy's
Grilled Chicken Sandwich
with apple slices
370 calories, 10 grams of fat

Social Gatherings

Celebrations and social gatherings bring people together and often involve enjoying food along with each other's company. Selecting healthy options may be more of a challenge when you don't have control over the food prepared by others, but it's still possible to make healthy choices. Try these tips to stay on track and still have a great time!



- ✗ **Don't save calories.** You may be tempted to skip meals to "save space" for a party. With that approach, you're likely to arrive hungry, and that means you'll crave more food, eat too fast, and end up making poor food choices. Instead, eat consistently throughout the day and have a healthy snack before you head out.
- ✗ **Bring a dish.** If a friend or family member is hosting the event, offer to bring your favourite healthy dish. Not only is it a kind gesture, but it offers you a healthy option to enjoy and share.

- ✗ **Use a small plate.** Portion size and mindful eating are important aspects of a healthy diet. Instead of overfilling a large plate or using no plate at all, choose a small plate and taste a little bit of everything.
- ✗ **Focus on the fun.** Take time to step away from the food table and enjoy the activities rather than eating. Share stories and conversation with friends and family.

Traveling

Whether you're catching a flight, preparing for a road trip, or chauffeuring the kids to dance rehearsals and soccer matches, having a plan will save you the stress and struggle of hunting for nutritious snacks along the way. Here are some tips to keep in mind before you head out.

- ✗ **Plan ahead.** Pack a cooler or travel bag with portable meals and healthy snacks. That way you know you'll have options if your trip has an unexpected delay or someone in the backseat gets peckish.
- ✗ **Do some research.** Spend time investigating the food options available where you're going. If you're overnighing, consider accommodations with a kitchenette so you can make some of your meals. It will provide healthier options and save money by not eating out for every meal. Even a mini-fridge means you can shop at a local market for healthy breakfast foods and snacks.



- ✗ **Choose the right pit stops.** Look for whole foods. Even refueling stations tend to have better-for-you choices. When you're on the road, a local grocery store can be a good option for healthy foods – and it will be cheaper than take out or dining at a restaurant.

Sources: www.issaonline.com/blog/img/posts/322/issa_healthyeatingonthego_infographic_highres.pdf
www.healthline.com/nutrition/healthy-eating-on-the-go | Images by Freepik & Unsplash