

Eating on the Run

Breakfast Boosters For Busy People

- Fix a breakfast smoothie. Blend 1 cup soy milk with ½ banana and some fresh berries
- Toast some frozen whole-grain waffles and top them with applesauce or low-fat yogurt
- Spread a thin layer of peanut butter on whole wheat toast or bagel. Top with banana slices
- Stuff scrambled eggs into a whole-grain mini pita pocket. Top with low-fat cheese, ketchup or salsa
- Spoon low-fat granola and wheat germ into fat free vanilla yogurt
- Take instant oatmeal packets with you and just add hot water. Add dried cranberries and almonds
- Grab a hard boiled egg and slice of whole wheat toast. Wash it down with a glass of vegetable juice
- Pack a whole-grain bagel with light cream cheese and a piece of fresh fruit
- Good old-fashioned cereal—look for at least 5 grams of fiber per serving

Fuel Your Body with a Healthy Breakfast

To achieve success, the proper fuel is essential. Nourishing foods not only provide the energy you need to meet your goals, they also help you perform well and manage your weight.

With breakfast being the first, and most important meal of the day, it's the perfect time to feed your body the fuel it needs. It will help you manage your weight by revving up your metabolism and preventing late-day over-eating. Keep in mind these "Golden Rules for Busy Breakfasts"

Five Golden Rules for Busy Breakfasts

1. Aim for 5 grams of fiber

With a daily goal of at least 25 grams of fiber per day, breakfast is the perfect time to get a good dose. Aim for at least 5 grams of fiber. Two slices of whole wheat bread alone gets you 6 grams. Throw in a cup of fresh berries and a bowl of whole grain cereal for at least 5 grams more.

2. Go for 5 grams of protein

Including some protein with breakfast will help fill you up and delay hunger. Get at least 5 grams of protein in your breakfast by pouring 1/2 cup of skim or soy milk over cereal, or adding 1/4 cup of pasteurized egg substitute to a smoothie.

3. Avoid high-sugar and high-fat choices

Many convenience breakfast products are loaded with sugar or fat or both. Read food labels and look at the grams of fat and grams of sugar per serving. If it's loaded with either or both of these, it's junk, not breakfast. When buying convenience breakfast products, keep these four goals in mind: 1) high fiber, 2) a little protein, 3) low sugar, and 4) low fat.

4. Fruit is breakfast-friendly

Fruit is the ultimate convenience food. It comes in it's own package and can be packed and taken anywhere. Fruit is an excellent source of fiber and power-packed with vitamins, minerals and phytochemicals. Take advantage of the convenience of fresh and dried fruits.

5. Microwave It

On weekend mornings, make whole-grain waffles, blueberry pancakes or whole-grain muffins. Freeze them in single-servings and microwave on busy weekday mornings. Also, don't underestimate the convenience of instant oatmeal. Just be sure to choose the varieties with out added sugar.

Eating on the Run

Eating Out Healthfully

- Don't go ravenously hungry
- Ask the server to hold the bread or chips
- Start with a vegetable soup or green salad instead of an appetizer
- Go light on alcohol, drink plenty of water before and during the meal
- Order an appetizer as an entrée
- Share an entrée with one or two other people
- Look for meals that are baked, broiled, grilled or steamed
- Ask for dressings, sauces and toppings on the side. Only use what you need
- Visualize appropriate serving sizes
- Expect to leave with leftovers
- Eat slowly and mindfully
- Pay attention to satiety cues
- Share dessert...and enjoy it!

“My doctor told me to stop having intimate dinners for four – unless there are three other people.”

- Orson Welles

Dinner on the Run

The dinner hour is often filled with activities and errands, making it difficult to prepare...and eat, a traditional meal. It's still possible to eat well though, even if you're doing it on the run. These tips can help.

For non-cooks

If you graze throughout the evening, but don't cook, you can still get the nutrients you need by eating a variety of foods. Try to choose foods from three different food groups. Examples include:

- Whole-grain cereal, low-fat milk and a banana
- Whole wheat bagel, peanut butter and yogurt
- Whole-grain bread with turkey, lettuce and tomato

For minimal cooks

Explore the frozen food section. Include any of these items for quick meals:

- Frozen ravioli
- Frozen bean burritos
- Frozen vegetables (i.e., meal starters like Create-a-Meal)

Also try these:

- Tuna packed in water
- Fat-free refried beans
- Hearty bean soups

For take-out

Try these options from your favorite take-out restaurants:

- Roasted turkey and veggie sub
- Shrimp, chicken or tofu with steamed rice and vegetables
- Whole wheat bagel, soup and juice or fruit
- Veggie pizza
- Grilled chicken sandwich, side salad and low-fat milk

When eating on the run, vegetable intake is usually what suffers.

To boost your intake:

- Snack on baby carrots mixed with green peppers and cherry tomatoes
- Serve extra tomato sauce on pasta
- Take advantage of frozen vegetables

A little planning can go a long way. Have the right foods available to fuel your body, even in the midst of confusion.