

# Fuel on the Go

## Foods that Travel

### Whole Grains

- Dry cereals-Cheerios Wheat Chex, Shredded Wheat, Quaker Oatmeal Squares, Life
- Instant oatmeal-just add hot water
- Whole wheat bread
- Whole wheat bagels
- Wheat germ
- Whole wheat pita bread
- Whole wheat pocket bread
- Leftover mixed-dishes with
  - Brown rice
  - Whole wheat pasta

### Fruits and Vegetables

- Piece of fruit-banana, apple, orange, pear
- Bunch of grapes
- Precut vegetables-carrots, celery, broccoli, cauliflower
- Vegetable salads
- Leftover mixed dishes with
  - Mixed vegetables
  - Cut vegetables for sandwiches

### Protein

- Low-fat yogurt
- Soy milk (11 oz container)
- Smoothies

## Balanced Nutrition When Eating on the Run

With everything that needs to be accomplished in an average day, is it any wonder that food is often forgotten about until hunger strikes and healthy options are at a minimum? Like most people today, if you spend a lot of time out of the house, having a balanced, nutritious meal or snack may seem impossible. However, by following some easy tips and doing a little planning, you can have meals and snacks that are balanced, nutritious, and provide sustained energy to keep you going all day. Here's how:

## Know what "Balanced Nutrition" Means

No matter where, when or how you eat meals and snacks, one word should come to mind every time you eat-**Balance**. Most fad diets do not focus on balance, but extremes, which causes the high rates of diet failure. All of your meals and snacks should contain foods from two or more food groups. Also, the foods you choose should be the most nutritious foods from each food group. Whole grains, fresh, whole fruits and vegetables, and unprocessed protein and dairy foods fit the bill.

### Planning a typical meal or snack:

1. Start with a whole grain.
2. Add a fruit and/or vegetable. (Remember 5 a day of these foods)
3. Choose a high value, low-fat protein-lean, baked or broiled meats, low-fat and nonfat dairy, alternatives such as beans, legumes, egg whites and vegetarian options.
4. Use foods that travel well-refer to list.
5. Pack enough food for the amount of time you will be away from home.

## More Tips for Eating on the Go

- Prepare foods to take with you the night before, especially if you are rushed in the morning to get out of the house. Also, pack any leftovers from dinner in single serving containers to

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## Recipes to Make & Take

### Power Smoothie

1 banana  
 1 cup fresh berries  
 (strawberries work well)  
 2 cups vanilla soy milk  
 1/4-1/2 cup wheat germ

Place all ingredients in a blender and blend until smooth. Serves 4

### Super Salad

2 cups mixed greens or baby spinach  
 2 Tbsp. nuts (almond slices, walnuts, soy nuts)  
 1/4 cup mandarin oranges  
 1/4 cup pineapple chunks  
 1/4 cup fresh berries  
 3 Tbsp. fat free poppy seed dressing

Mix all salad ingredients together. Toss with dressing when ready to eat.

### Stuffed Veggie Pita

1/2 whole wheat pita

## Sample Meals and Snacks using Foods that Travel

### Breakfast

Whole Grain  
 Fruit  
 Protein

Whole Grain  
 Fruit  
 Protein  
 (real)

### On the Way

Dry cereal  
 Banana  
 Soy milk

Whole wheat bagel  
 Apple  
 Low-fat cream cheese

### At the Office

Instant oatmeal  
 Orange  
 Low-fat yogurt

Dry cereal  
 Grapes or strawberries  
 Skim milk (added to cereal)

### Lunch

Whole Grain  
 wheat pasta  
 Vegetable  
 tomato

Protein  
 Fruit

Whole Grain  
 w/

Vegetable

Protein  
 stir-fry

Fruit

### Out & About

Whole grain bread

Short cut carrots

Turkey luncheon meat  
 & low-fat cheese

Pear

Whole wheat pita bread

Vegetable Salad with  
 Low-fat dressing

Hummus

Banana

### At the Office

Leftover whole

Steamed vegetable &  
 sauce

Instant bean soup

Pineapple chunks

Leftover stir-fry  
 brown rice

Vegetables in stir-fry

Chicken or beans in

Melon pieces

## Best Choices When On the Road

- Choose plain sandwiches without sauces, mayonnaise, regular cheese or bacon.
- Order fresh salads, without high-fat items, like fried chicken strips or French fries and choose a low-fat or fat free dressing.
- Look for delis and bistros that sell fresh fruits, salads and whole grain breads.
- Drink water, low-fat milk or herbal tea instead of soft drinks or