

Fuel on the GO

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 five 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 take with you when you need them.
- Go to the grocery store regularly. You can be assured you will have foods to pack and go if they are on hand at home. Stock up on the weekends so you do not need to take time out of your busy schedule during the week to go food shopping.
- Invest in an insulated lunch bag to take foods with you that should stay cold.

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
- Hummus
- Low-fat cream cheese
- Low-fat or Soy cheese slices
- Instant bean, lentil soups—just add water
- Protein bars
- Low-fat string cheese
- Nuts and seeds
- Soy nuts



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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
- 2 Tbsp. low-fat veggie cream cheese
- Chopped vegetables

Split pita and spread cream cheese inside pita pocket. Fill with chopped vegetables of your choice.



Sample Meals and Snacks Using Foods that Travel

Breakfast

- Whole Grain
- Fruit
- Protein
- Whole Grain
- Fruit
- Protein

On the Way

- Dry cereal
- Banana
- Soy milk
- Whole wheat bagel
- Apple
- Lowfat cream cheese

At the Office

- Instant oatmeal
- Orange
- Lowfat yogurt
- Dry cereal
- Grapes or strawberries
- Skim milk (added to cereal)

Lunch

- Whole Grain
- Vegetable
- Protein
- Fruit
- Whole Grain
- Vegetable
- Protein
- 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 wheat pasta
- Steamed vegetable & tomato sauce
- Instant bean soup
- Pineapple chunks
- Leftover stir-fry w/ brown rice
- Vegetables in stir-fry
- Chicken or beans in stir-fry
- 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 delicatessen and bistros that sell fresh fruits, salads and whole grain breads.
- Drink water, low-fat milk or herbal tea instead of soft drinks or other high-sugar drinks.
 - Go for a baked potato (easy on the toppings) instead of fries, onion rings or chips.
 - Skip croissants and biscuits.
 - Don't "Super-Size," "Biggie Size" or "Jumbo Size" your order. Stick to smaller sizes, 1/2 portions or even junior or children's sizes.
- Ask how foods are prepared so you are not surprised when your order is ready.