

# HEALTHY EATING ON THE GO

With just a little planning, you can still make healthy eating part of your busy day.

## Try a grab-and-go breakfast

- Spread peanut butter on whole-grain toast, tortilla or bagel.
- Fresh fruit with whole grain cereal
- Yogurt
- Hard-boiled eggs
- Overnight oats
- Smoothie with yogurt and fruits
- Make breakfast sandwiches or burritos ahead of time to keep in the freezer. Heat in the microwave for a couple of minutes.

## Bring along healthy snacks:

- Water
- Whole grain crackers
- Fresh or dried fruit
- Nuts or trail mix
- String cheese
- Pack a small cooler for cold foods such as veggies and hummus.

## Eat before you go

Make it a habit to eat a meal or healthy snack before you run errands. You are more likely to buy fast food or convenience foods when you are hungry.

## If you eat out:

- Order a kid-size meal or small size instead of medium or large.
- Split your order with someone else or save part of it for another meal.
- Boost nutrients by adding fruits and vegetables as sides.

## Save time on dinner

- Planning ahead is key!
- Plan for freezer meals or slow cooker meals that have been prepped ahead of time.
- Keep supper simple.
- Sandwiches and salads or frozen veggies are quick to throw together.

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