

## HO 6.1 Healthy Eating Away From Home

Do you find that your busy schedule is a major barrier to healthy eating for you and your family? Well, a busy, hectic lifestyle can no longer be used as an excuse for unhealthy eating. Today, a variety of nutritious fast foods can be found almost everywhere you go. Review the suggestions below to discover the healthiest foods to choose when you're away from home or in a time crunch.

### **At the Stadium or Ballpark**

Think your game-time food choices are limited to hot dogs, peanuts, and beer? Think again! Take time to walk throughout the park and scope out the healthy alternatives that may be available:

- Grilled or baked chicken sandwiches
- Soft pretzels
- Fresh fruit
- Soy burgers or vegetable burgers
- Frozen yogurt
- Tossed salads
- Deli sandwiches
- Gourmet pizzas topped with vegetables
- Sushi
- Corn on the cob
- Baked potatoes (watch the toppings)
- Vegetarian sandwiches and wraps

***Tip for balancing calories: Take a loop around the stadium or ballpark before you make any food choices.***

### **At the Convenience Store or Gas Station**

Although planning ahead and packing nutritious snacks make healthy eating easy, we often don't have the time or energy to do so. Luckily, today's convenience stores carry a variety of nutritious foods:

- Low-fat yogurt with no added sugars
- Tomato juice
- Fruit or cereal bars with low or no added sugars
- Whole-wheat crackers
- Low-fat granola (muesli) bars with low or no added sugars
- Dry-roasted nuts and seeds
- Cheese
- Low-fat pudding with no added sugars
- Low-fat milk
- Dried fruit
- Fresh fruit
- Beef jerky
- Pretzels

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- Juice bars, sorbets, and low-fat ice cream (ice milk)
- 100% fruit juice
- Small boxes of dry cereal with low or no added sugars

***Tip for balancing calories: If possible, walk to the convenience store or gas station instead of driving. If you're already driving and just stopping by the store for a quick snack, take a lap or two around the store or parking area before going in.***

### **In the Car**

As you pack the car and hit the road for a midsummer vacation or weekend getaway, take a few minutes to put together a snack-food survival kit. It'll provide you with the convenience without forcing you to spend a lot of cash and eat a lot of calories.

- Dried fruit and nuts
- Bagels
- Individual cereal boxes with low or no added sugars
- Low-fat popcorn
- Granola bars (muesli bars) or cereal bars with no or low added sugars
- Bottled water
- Raw vegetables, cleaned and cut
- Fresh fruit
- 100% fruit and vegetable juices
- Healthy sandwiches
- Low-fat crackers with cheese or peanut butter

***Tip for balancing calories: Stop every couple of hours and walk for 5 to 10 minutes. Also, take a couple minutes to do some stretching activities.***

### **In a Meeting or Seminar**

Does the selection of foods at your midmorning Monday meeting consist of coffee, soft drinks, and doughnuts? If so, it's time that you request nutritious options.

- Beverages: decaffeinated coffee and tea, low-fat or nonfat milk, 100% fruit and vegetable juice, ice water, or sparkling water
- Breakfast meetings: fresh fruit, whole-grain breads and bagels, low-fat muffins, low-fat yogurt with no added sugars
- Lunch and dinner meetings: sandwiches on whole-grain breads and rolls, low-fat sandwich fillings (lean meats, cheeses, vegetables), hot dishes with low-fat sauces, fresh fruit, raw vegetables, low-fat dips, pretzels, salads with light dressings, sushi rolls
- Snacks: fresh fruit, raw vegetables, low-fat dips, baked tortilla chips and salsa, pretzels, whole-wheat crackers and light cheese, low-fat popcorn, low-fat dessert (such as angel food cake in the U.S.) with fruit topping, low-fat yogurt with no added sugars, low-fat oatmeal, or fruit cookies

***Tip for balancing calories: Get up and walk around during breaks. A breath of fresh air can relieve mental and physical tension.***

### **At the Airport**

You have 30 minutes to spare before your 9 a.m. flight, and the smell of a freshly baked cinnamon roll or pastry draws your empty stomach to the nearby store. Before you reach for the fat- and sugar-laden breakfast, realize that you can find a healthier choice at any time of the day with a little exploring. Look around for these options:

- Salads with low-fat dressings
- Air-popped popcorn
- Fresh fruit and vegetables
- Vegetable sandwiches, burgers, wraps (in the U.S.)
- Low-fat yogurt with no added sugars
- Bagels
- Broth-based soups (look for low sodium options)
- Deli sandwiches or subs—watch sauces and dressings (in the U.S.)
- Fruit smoothies
- Frozen yogurt
- Boiled, broiled, or grilled foods

***Tip for balancing calories: Walk around the airport to seek out the healthiest food options. Walk to your terminal; pass up the moving walkways.***

### **Out for Lunch or Dinner**

In many Western countries, people eat out much more than they used to. The average American dines out about four times a week. Even if you don't eat out this often, you probably find it a challenge to eat healthy foods when you eat away from home.

Although making healthy choices at restaurants can be tricky, you can use several strategies to ensure that you order a healthier meal.

- Ask your waiter or waitress about preparation methods. Choose foods that are steamed, grilled, baked, roasted, braised, or boiled.
- Request sauces, gravies, and dressings on the side so that you can control how much you eat.
- Order the lunch or kid-size portions or order an appetizer as your entree.
- Replace high-fat, high-calorie, high-sodium side items with healthier choices. For example, eat a baked potato or side salad instead of fries.
- Ask that vegetables and meats be cooked dry (without added butter or margarine).
- It takes about 15 minutes for your brain to realize that your stomach is full. If you eat slowly, drink water with your meal, and stop eating when you are full (not stuffed), you will consume fewer calories. Don't hesitate to take leftovers home!

***Tip for balancing calories: Walk to a nearby restaurant for lunch or dinner. Give your food a little time to digest, and then walk home or back to work.***