

Practicing Good Nutrition on the Go

Sure, we all have a pretty fair idea of what constitutes good nutrition. But even though we may know what is and isn't healthy, our "on the go" culture means that common sense often gives way to convenience. However, a bit of planning ahead will ensure that you reach your next appointment on time and still get the nutrition your body needs.

Every week, consider your upcoming schedule and prepare your grocery list accordingly. Stock your refrigerator and pantry with the essentials necessary to make meals that can be quickly prepared (or prepped and frozen for later), and healthy snacks that can be packed ahead of time.

Be sure to take the time for a balanced breakfast, which provides the necessary energy for a productive day. Eat a food high in protein, such as eggs, low-fat cottage cheese or Greek yogurt, along with a serving of fruit and whole-grain bread or cereal.

If you must grab take-out food, avoid the usual burger-and-fries combo. Instead, have a salad with a lean protein like chicken or fish, a vegetable or grilled chicken wrap, or a vegetable- or broth-based soup. And wash it down with water, not sugary soda or sweetened beverages.

One more thing: If you make any major changes to your diet, talk to your family doctor first. They can make suggestions and monitor your condition.



Food, Friends and Fun

ChooseMyPlate.gov offers these suggestions to help you on your way to better nutrition.

- **Start small.** Instead of a diet overhaul, make small changes that will work for you now and in the future.
- **Power up nutrition with healthy activities.** Focus on having fun or learning a new skill that interests you.
- **Take one day at a time.** Sometimes things don't go as planned, even with the best of intentions. If you miss one day or one milestone for your goal, don't give up... just start fresh tomorrow!
- **Team up.** Find a friend with similar goals – swap healthy recipes and be active together.
- **Celebrate successes.** Think of each change as a "win" as you find ways to reach your goals.



SOURCES: Healthfully, ChooseMyPlate.gov