

Eating healthy on-the-go

- ***Brown-bag it.*** Plan ahead and pack a bag with food you can easily carry before you head out for the day. Bring healthy snacks like nuts, pretzels, fruit, popcorn, or low-fat cheese.
- ***Eat before you leave.*** Eat a full meal before you leave in the morning. Have some protein in your breakfast. Breakfasts with lots of protein are yogurt with fruit, eggs with vegetables, or oatmeal with almonds and berries.
- ***Stay away from fast food chains:*** Avoid fast food as much as you can. If you are eating out, stop at a restaurant or deli instead. You can't go wrong with a turkey sandwich on whole wheat bread or a grilled chicken salad. If you do end up at a fast food chain, eat grilled or baked foods instead of fried foods and ask for dressing and sauces on the side.
- ***Drink water instead of juice.*** Bring a large water bottle when you leave for the day. This helps you stay cool and hydrated, especially in the summer. Add ice cubes to keep the water cold!

Talk to your CHN Nutritionist to learn more.