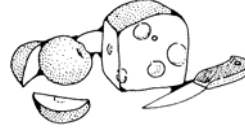


### Eating on the Run



In a hurry? No time to cook? Going to be gone all day and no time to eat? Do you really have to miss a nutritious meal? No, you don't! Here are some tips for healthy eating on the run.

- Leftovers are the rushed cook's best friends. Double your recipes and put half in the freezer or into small containers just the right size for one meal at a time.
- Keep an ice chest handy and a frozen "blue ice" block ready. When you are going out, pop in the ice and a container of leftovers, a piece of fruit and some baby carrots. A small can of tomato or vegetable juice rounds out the meal.
- Peanut butter keeps well without chilling, so if it is inconvenient to take an ice chest, take along a peanut butter and jelly or banana sandwich on whole wheat bread with your fruit, carrots and juice.
- Cheese and apple or celery go well together and make an easy-to-transport snack that will not need refrigeration for a few hours.
- When you make your salad for dinner the night before you are going out, put some of it into a container (without the dressing) to take along in a cooler. Take the dressing in a separate container and add it when you are ready to eat.
- Buy or make a trail mix with nuts and dried fruit. Keep some in small containers or zip lock bags to grab on your way out the door for a quick snack on the run. It is full of protein, vitamins, minerals and fiber.
- Small pop-top cans of fruit and fat-free puddings are available and are easy to take along when you need a snack while you are out and about.
- Hummus sandwiches made with hummus, lettuce, and chopped tomato and cucumber on whole wheat bread or rolled in a whole wheat tortilla are quick to make, easy to carry and delicious to eat while on the run.

Plan ahead. If you have the makings for some quick snacks or easy to transport meals, you will not have to skip meals or eat expensive, fat-filled fast foods when you are on the run. You will feel better and will be helping to keep your body as healthy as possible.

