

EATING HEALTHY ON-THE-GO



It can be difficult to eat regular meals when leaving the house for appointments, shopping, classes and activities. Going without a meal or snack for several hours may cause you to feel exhausted and even a little “fuzzy” due to low blood sugar levels.

But, having that Mini-Meal available when it’s time to eat will:

- Give you energy
- Keep you from overeating when you get home
- Keep you from eating items you’d rather not eat
- Save you time from trying to find a place to get food
- Save you money



Eating healthy and taking Mini-Meals with you does not have to be time consuming or overwhelming. But it does take a **little planning and preparing**. You may not want to carry one more item around, but this one will be worth it later!

Here are some simple steps to make it easier and healthier to take a Mini-Meal along:

1. Keep healthy, minimal preparation food on hand, such as:

Keep Refrigerated:

canned meats/fish
canned vegetables/fruit
low-fat yogurt
hummus or guacamole
canned beans
cheese sticks

Refrigeration Not Needed:

whole-grain cereals
dried fruit
peanut butter
nuts
beef or turkey jerky

2. Make your food choices count by choosing healthy, whole foods, rather than foods high in sugar or fat. Why? You’ll get more nutrients and fewer calories!
3. Need to keep food cold? Take **cold packs** with you in a lunch sack to keep things cold throughout the day.

- You can find lunch bags and **cold packs** at a local Dollar Tree, Goodwill, or thrift store!
- Pack a brown-bag and include double-bagged ice to keep food cold for many hours.



Give these quick-fix Mini-Meals To Go a try. Try to include choices from at least two food groups for each Mini-Meal:

- **PB sandwich:** 1 slice of bread (or 2 slices), 2 tablespoons nut butter, and perhaps add ½ medium banana, or some apple slices, strawberries, or blueberries.
- **Turkey roll-up:** 1 tortilla, 3 slices deli-turkey, one slice (low-fat) cheese, a little cream cheese or yogurt, and ½ cup lettuce, sliced peppers or cucumbers. Use your **cold pack** with this Mini-Meal.
- **Instant oatmeal:** ½ cup dry instant oatmeal (or quick-cooking barley) with 1 tablespoon peanut butter in a microwave safe bowl. Most offices and homes have a microwave that you could use. Add twice as much water as oatmeal, cook and enjoy.
- **Spicy-tuna salad:** 2 ounces tuna (chicken or salmon), ¼ cup beans of your choice, 2 tablespoons salsa (or salad dressing), 1 ounce (low-fat) shredded cheese, and 2 cups lettuce/mixed greens. Use your **cold pack** with this Mini-Meal.
- **Choco'nut crunch mix/Make-your-own healthy Trail Mix:** ¼ cup peanuts, ¼ cup raisins, 1 tablespoon mini-chocolate chips, ½ cup toasted O's; you can use different nuts, cereal or dried fruit to change up the flavors!
- **Peanut butter:** 2 tablespoons peanut butter on 10 crackers. So much better for you than those pre-packaged peanut-butter-orange crackers.
- **Low-fat yogurt/cottage cheese:** 4-6 ounces yogurt or cottage cheese with ½ cup chopped fresh or drained canned fruit. Add 1 tablespoon chopped nuts if desired. Use your **cold pack** with this Mini-Meal.

The RAMP frozen meal program provides **FREE** nutrition counseling for all participants. Perhaps you've been instructed by your doctor to follow a specific diet or have some questions about your daily eating. Our registered dietitian would be happy to talk with you and discuss your concerns. To set up an appointment or for more information on any nutrition topic, contact: *Linda* Linda Sorensen, RAMP Dietitian 719- 271-1664 or lmsoren@comcast.net